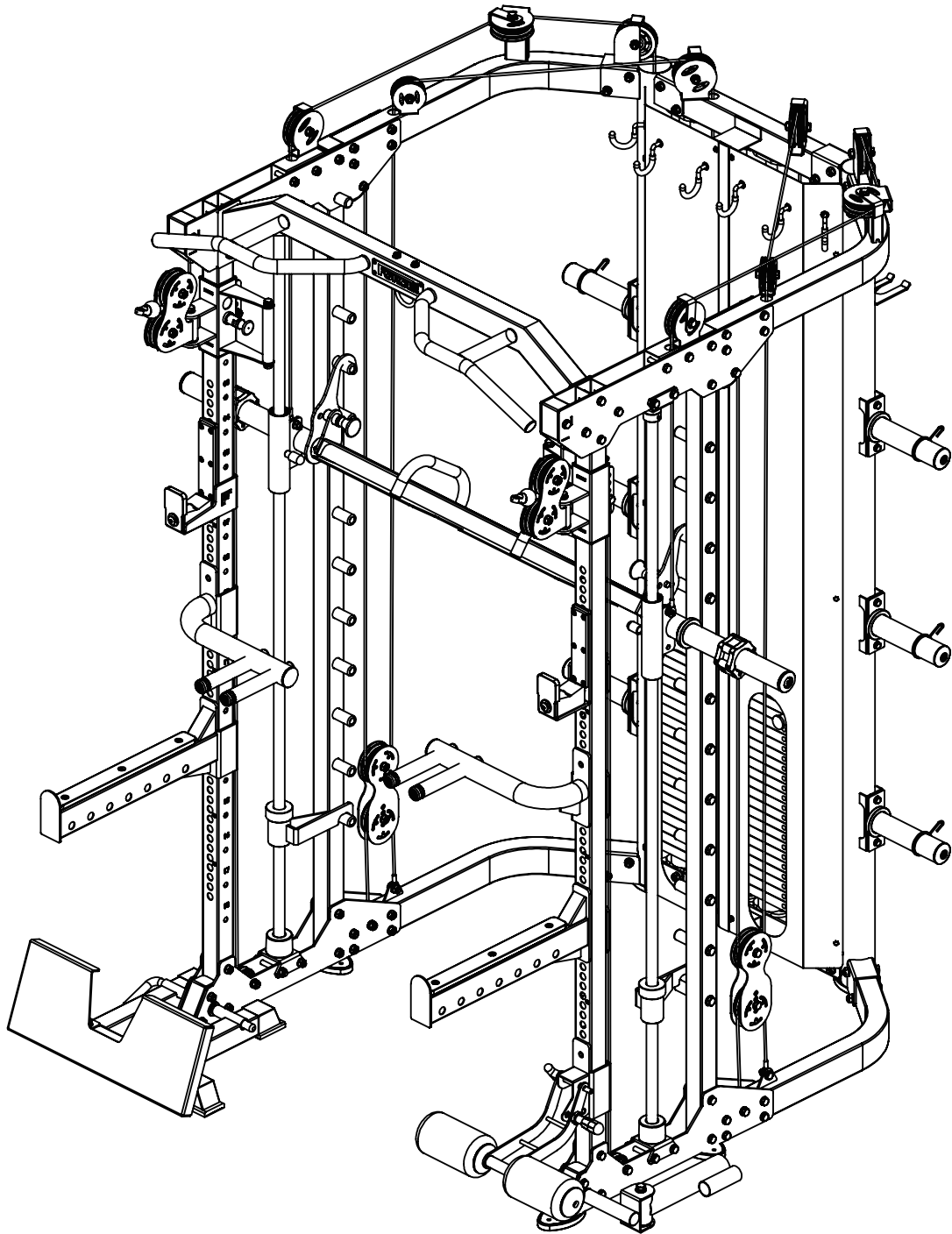


FORCE USA

G12-V2 ALL-IN-ONE TRAINER



USER MANUAL **F-G12-V2**

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USER MANUAL

Before You Start

- Read all instructions in this manual before assembling or using this equipment
- Remove all parts from the packaging and count each component separately to ensure everything is provided correctly, noting that some items may be pre-assembled
- Follow the instructions and refer to both the individual assembly pages and the exploded views of the equipment whenever possible
- The owner is responsible for ensuring that all users of this unit have read the user manual and understand the safety precautions
- Descriptions of left and right refer to the perspective of standing in front of the equipment
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until all assembly steps are completed
- Machines with a counterbalanced smith bar require up to one meter of clearance above the assembled height to insert the counterbalances. If there is not enough clearance, insert the counterbalances into the required framing components before assembly and securely anchor off the cables to ensure they can be retrieved and attached as needed
- It is recommended to keep these instructions

Safety Precautions

- It is highly recommended that two or more people are used for assembly
- Assemble equipment on a flat surface
- Consider placing a mat/mats under the equipment to protect your floor
- Only tighten nuts and bolts loosely until all equipment is assembled. Once the equipment is fully assembled each bolt can be tightened working evenly around the equipment where possible
- Ensure all parts are in working order prior to use
- Make sure all pivoting components are able to move freely
- Do not use or store the equipment outdoors or around water
- Do not over tighten any component with pivoting function
- Keep hair, fingers and clothing away from moving parts
- Only use attachments recommended by the manufacturer
- Never operate if parts are not functioning correctly
- Always stretch prior to using equipment
- Stop immediately if you experience any pain, dizziness or nausea
- Before starting any exercise program consult your doctor

FORCE USA TRAINING APP

The Force USA training app offers programs, tutorials, progress tracking and more. Not compatible with all Force USA equipment.



PREVENTATIVE MAINTENANCE

To ensure your equipment is operating at its peak, please follow the below preventative maintenance schedule performing all tasks upon initial assembly:



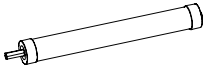

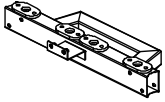
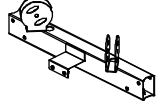
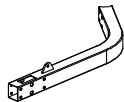

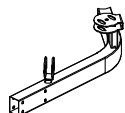
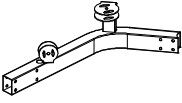

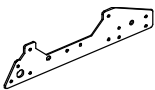
Daily Maintenance

- Wipe down the equipment to remove any dust and sweat residue with a dry, non-abrasive cloth
- Inspect the unit for noisy, damaged or loose components




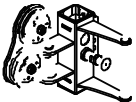

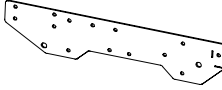


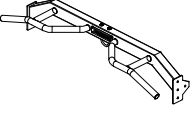

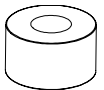
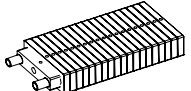
Monthly Maintenance

- Thoroughly clean the equipment using a non abrasive cloth dampened with a mild, all purpose cleaner ensuring to thoroughly wipe down and dry the equipment afterwards
- Apply a 100% silicone lubrication (preferably spray) to guide rods, pulley sliders, weight plate carriages and any other moving parts where friction can occur including bearings (where applicable). Any other form of lubrication will void your warranty
- Check the tightness of all bolts, nuts and screws
- Check the cables for fraying or any signs of wear and ensure they are at the correct tension with a small amount of slack at resting position (where applicable)
- Inspect pulleys for any damage or cracks (where applicable)
- Knurling can be cleaned using a soft bristled brush to help remove any particles that may be nestled within the knurling
- Vacuum around the machine/equipment to prevent dust acclimation

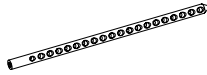



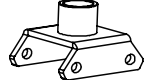


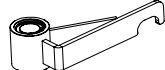
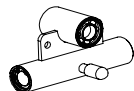


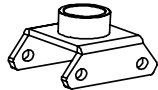
PARTS IDENTIFICATION

Key No.	Description	Quantity	Parts Schematic Diagram
1	Upright Frame - Right	1	
2	Upright Frame - Left	2	
3	Smith Bar Counterbalance	2	
4	Counterbalance Cable	2	
5	Rear Lower Connection Frame	1	
6	Rear Upper Connection Frame	1	
10	Base Bending Frame - Left	1	
11	Base Bending Frame - Right	1	
12	Upper Bending Frame - Right	1	
13	Upper Bending Frame - Left	1	
14	Foot Tube Cover	2	
15	Lower Pulley Cover	4	

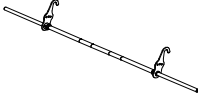
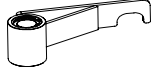
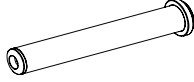
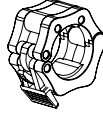



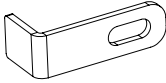
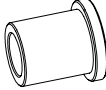


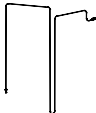
PARTS IDENTIFICATION

Key No.	Description	Quantity	Parts Schematic Diagram
16	Smith Bar Racking Frame	2	
17	Front Guide Tube - Right	2	
18	Front Guide Tube - Left	2	
19	Pulley Slider - Left	1	
20	Pulley Slider - Right	1	
21	Upper Pulley Cover	4	
22	Upper Pulley End Tube	2	
23	Top Smith Bar Hook	2	
24	Chin Up Frame	1	
26	Guide Rod	4	
27	Rubber Bumper - Smith Bar	2	
28	Weight Stack (Includes Top Weight Plate)	2	

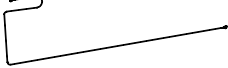
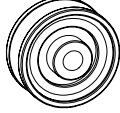
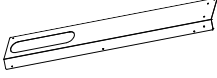
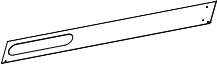


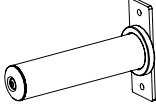

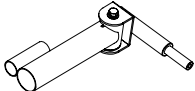

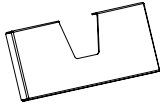
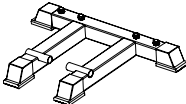
PARTS IDENTIFICATION

Key No.	Description	Quantity	Parts Schematic Diagram
29	Weight Stack Pin Selector Rod	2	
30	Selector Rod Locking Pin (Pre Assembled)	2	
31	Weight Selector Pin	2	
32	Weight Stack Reinforcing Plate	4	
34	Smith Bar Lower Connecting Sleeve	2	
35	Large Rubber Bumper - Smith Bar	2	
36	Small Rubber Bumper - Smith Bar	2	
37	Safety Hook Right	1	
38	Smith Bar Sliding Sleeve	2	
39	Guide Rod - Smith Bar	2	
40	Smith Bar Guide Rod Fixing Sleeve	2	
41	Smith Bar Upper Connecting Sleeve	2	

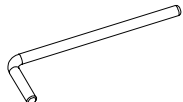
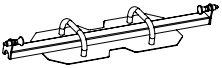
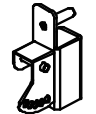
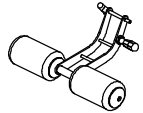
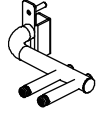

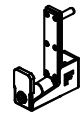
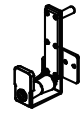
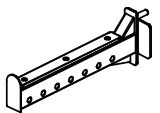
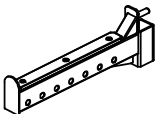
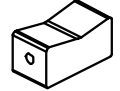

PARTS IDENTIFICATION

Key No.	Description	Quantity	Parts Schematic Diagram
44	Smith Bar	1	
45	Safety Hook Left	1	
46	Smith Bar Weight Plate Sleeve	2	
50	Olympic Quick Lock Collar	2	
51	Top Pulley Insert Right	1	
52	Top Pulley Insert Left	1	
53	Pulley (96mm)	12	
54	Cable Guide	8	
56	Metal Bushing	16	
57	Pulley (75mm)	2	
59	Floating Pulley Frame	2	
60	Weight Stack Cable	2	


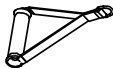
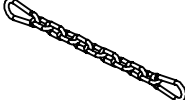
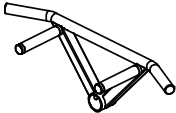
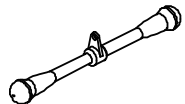
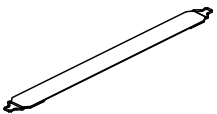

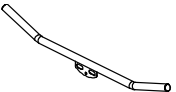
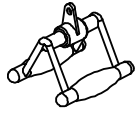
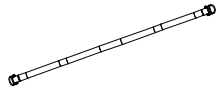

PARTS IDENTIFICATION

Key No.	Description	Quantity	Parts Schematic Diagram
61	Lower Pull Cable	2	
62	Pulley (50mm)	4	
63	Weight Stack Shield - Right	1	
64	Weight Stack Shield - Left	1	
65	Shield Connection Piece	1	
68	Accessory Hook	6	
71	Olympic Weight Plate Holder	6	
72	Olympic Spring Collar	6	
74	Core Trainer	1	
75	Metal Bushing	4	
77	Low Row Foot Plate	1	
78	Low Row Foot Plate Support Frame	1	

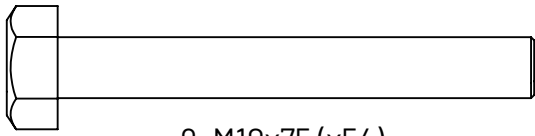
PARTS IDENTIFICATION

Key No.	Description	Quantity	Parts Schematic Diagram
79	Band Peg	1	
80	Leg Press Foot Plate	1	
81	Knee Stabilizer J Hook	2	
82	Knee Stabilizer	1	
83	Dip Handle - Left	1	
84	Dip Handle - Right	1	
85	J-hook - Left	1	
86	J-Hook - Right	1	
87	Front Safety - Left	1	
88	Front Safety - Right	1	
89	J-hook Block Insert	2	
90	Tricep Rope	1	

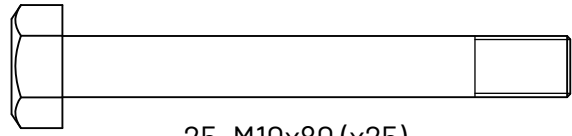
PARTS IDENTIFICATION

Key No.	Description	Quantity	Parts Schematic Diagram
91	Ankle Strap	1	
92	Single Stirrup - Nylon	2	
93	Extension Chain	2	
94	Core Trainer Handle	1	
95	Short Revolving Straight Bar	1	
96	Bodyweight Assist Strap	1	
97	Carabiner	2	
98	Lat Pulldown Bar	1	
99	Close Grip Triangle	1	
100	Connection Bar - Straight	1	
101	V-Bar	1	

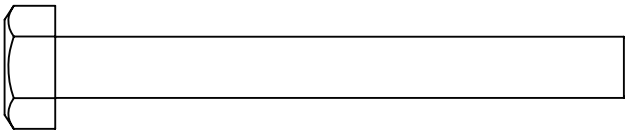
PARTS IDENTIFICATION



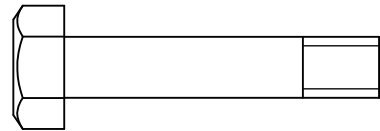
9. M10x75 (x54)



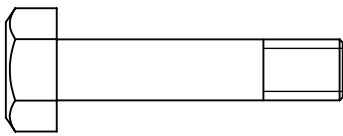
25. M10x80 (x25)



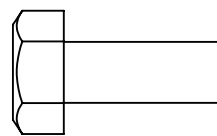
42. M10x90 (x8)



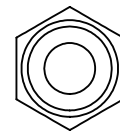
55. M10x50 (x8)



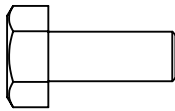
58. M10x45 (x2)



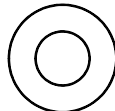
33. M10x25 (x15)



8. M10 (x88)



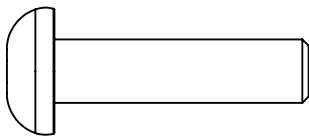
73. M8x20 (x12)



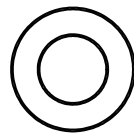
69. $\phi 8(x18)$



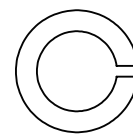
70. M8 (x6)



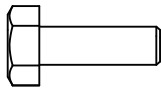
47. M12x40 (x2)



7. $\phi 10(x2)$



48. $\phi 12(x2)$



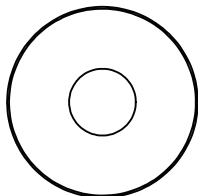
67. M6x20 (x10)



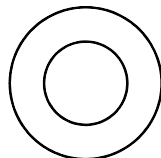
66. $\phi 6(x10)$



43. M8x10 (x2)

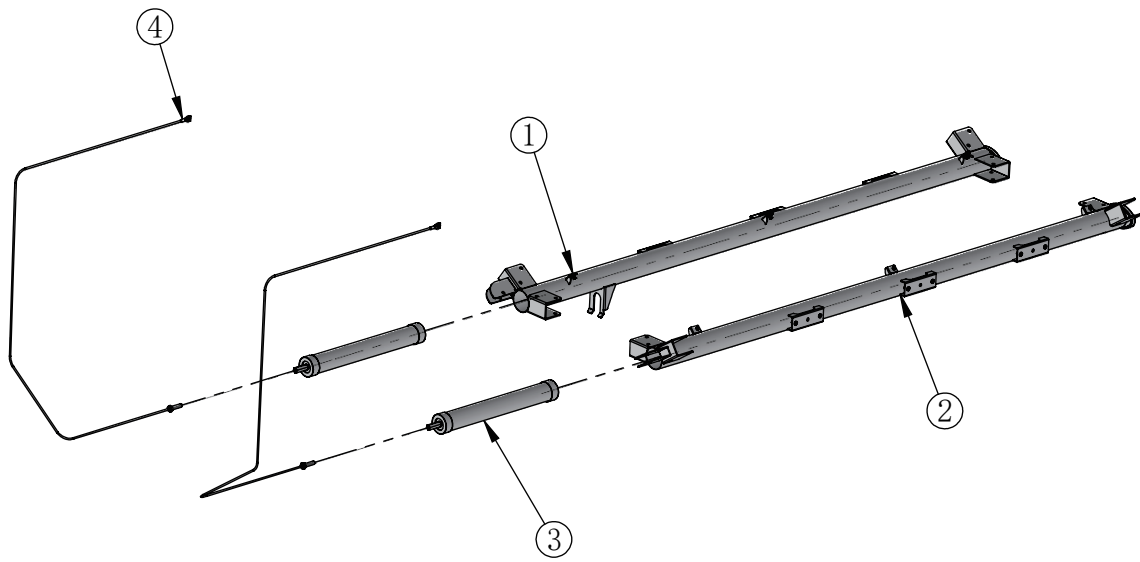


76. $\phi 30 \times \phi 10.5 \times 3.0(x1)$



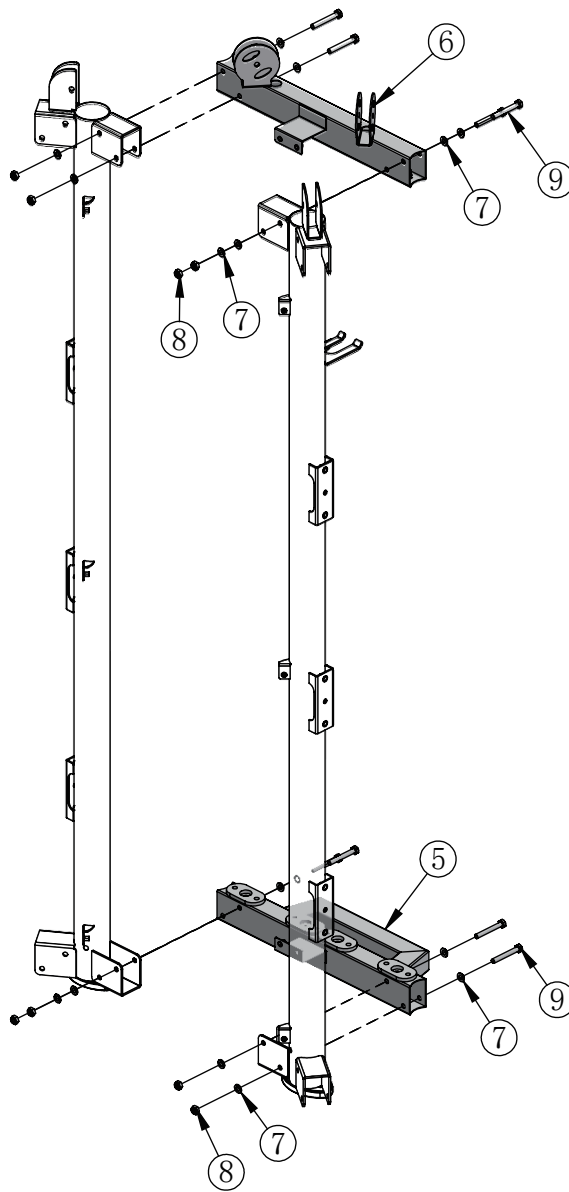
49. $\phi 12(x2)$

ASSEMBLY STEP 1



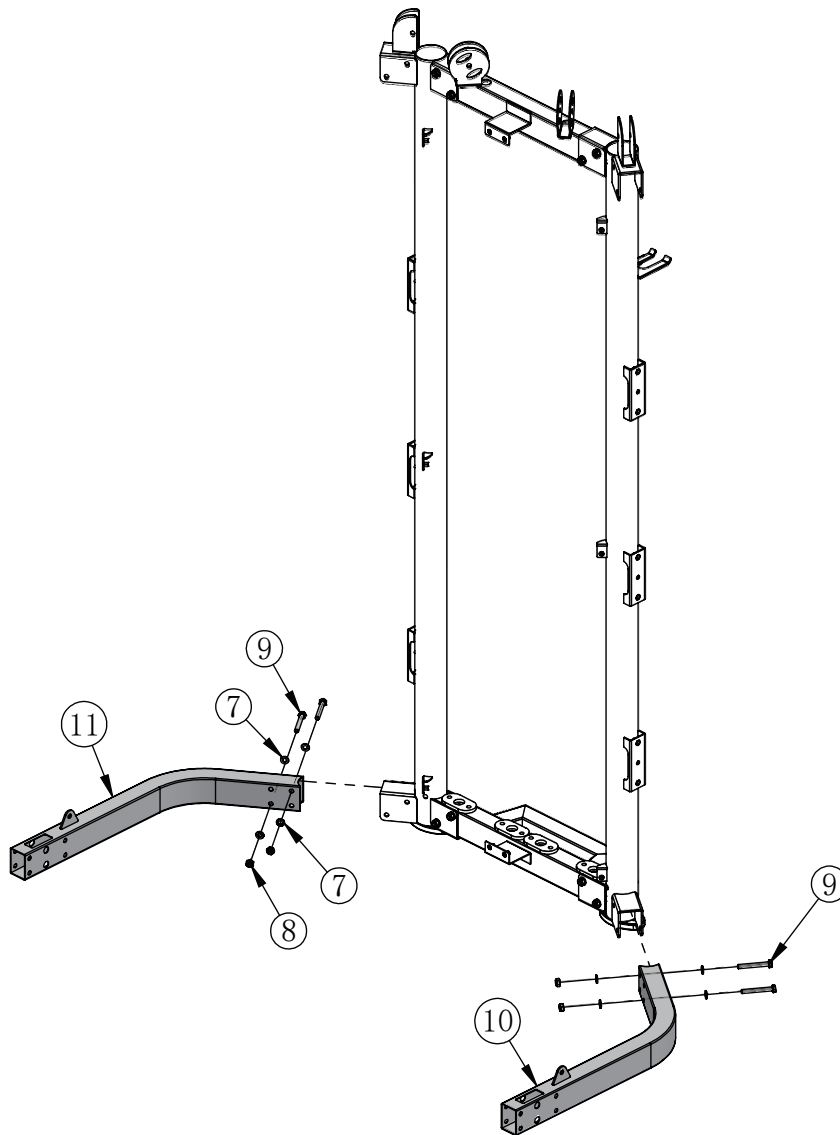
Key No.	Description	Note	Quantity
1	Upright Frame - Right		1
2	Upright Frame - Left		1
3	Smith Bar Counterbalance		2
4	Counterbalance Cable	φ5*2935	2

ASSEMBLY STEP 2



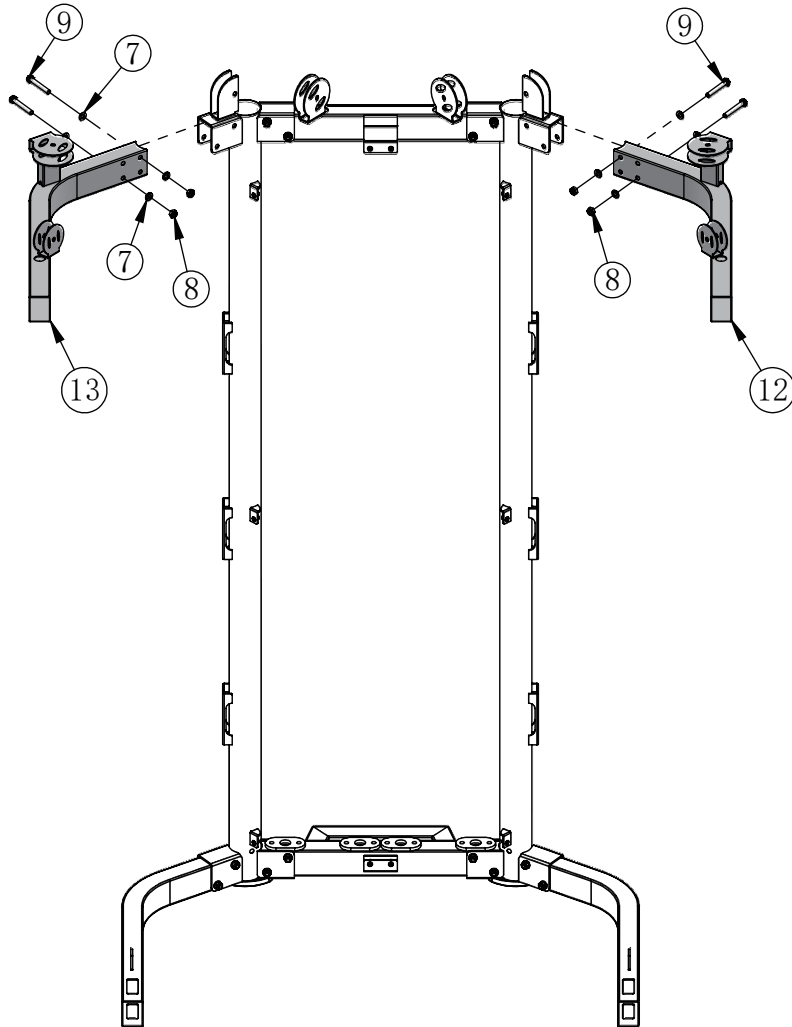
Key No.	Description	Note	Quantity
5	Rear Lower Connection Frame		1
6	Rear Upper Connection Frame		1
7	Flat Washer	$\phi 10$	16
8	Lock Nut	M10	8
9	Hexagon Bolt	M10×75	8

ASSEMBLY STEP 3



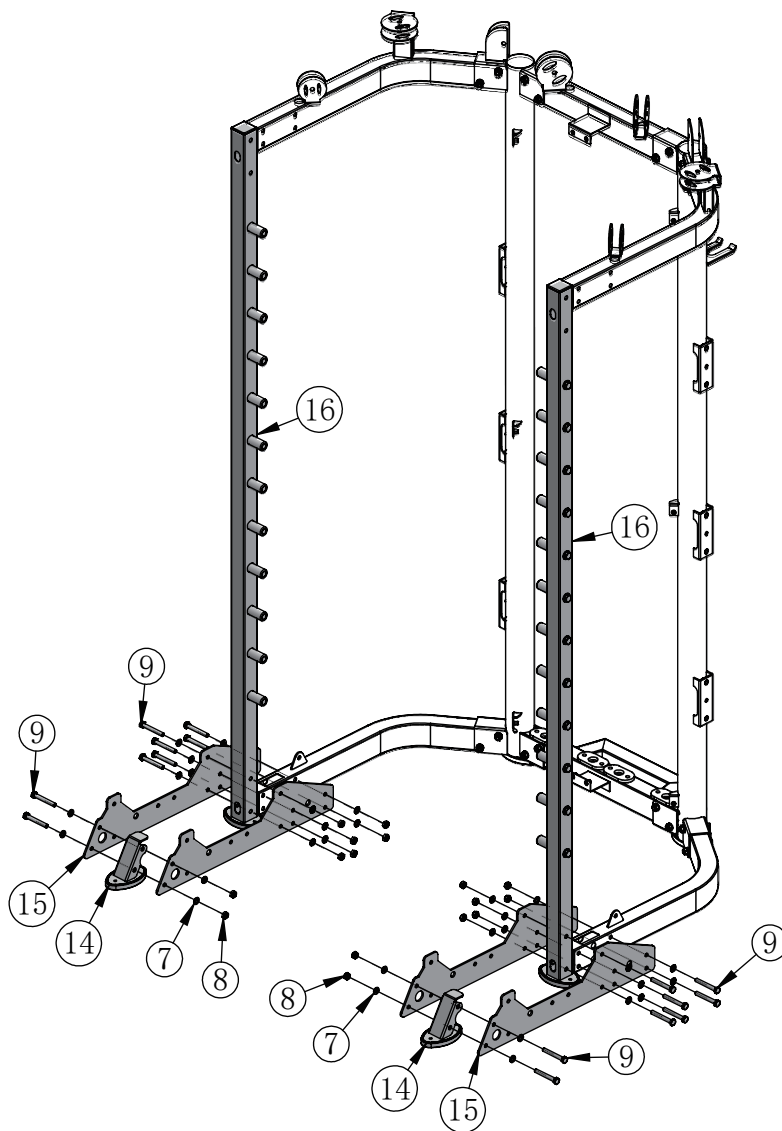
Key No.	Description	Note	Quantity
7	Flat Washer	$\phi 10$	8
8	Lock Nut	M10	4
9	Hexagon Bolt	M10×75	4
10	Base Bending Frame - Left		1
11	Base Bending Frame - Right		1

ASSEMBLY STEP 4



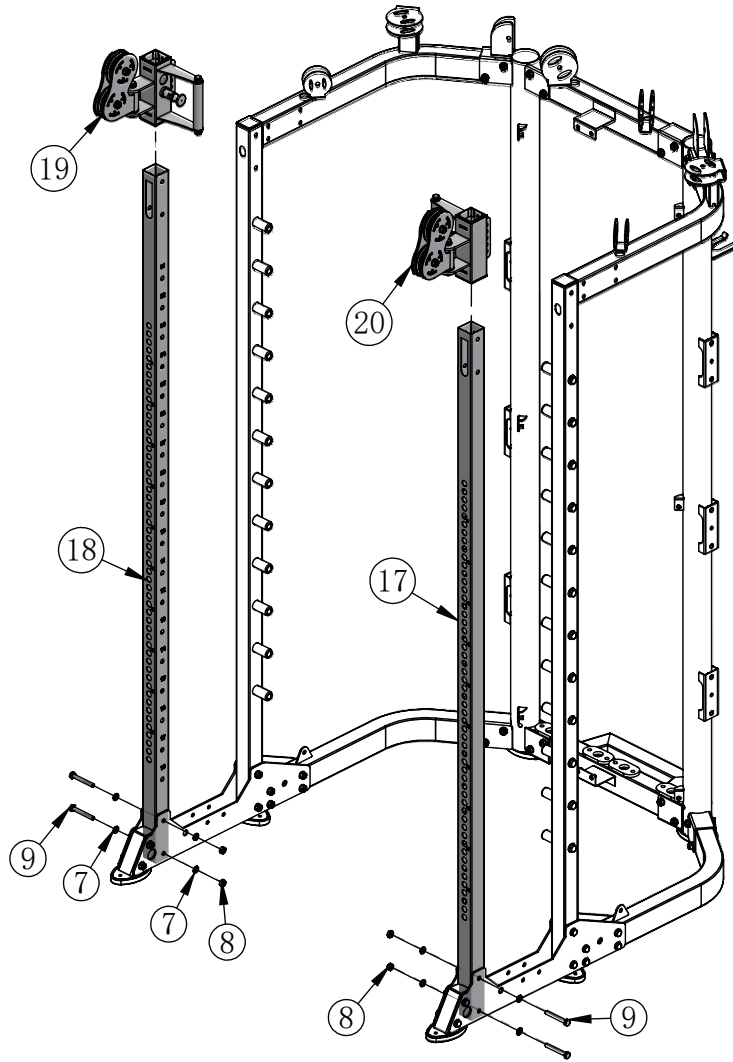
Key No.	Description	Note	Quantity
7	Flat Washer	φ10	8
8	Lock Nut	M10	4
9	Hexagon Bolt	M10×75	4
12	Upper Bending Frame - Right		1
13	Upper Bending Frame - Left		1

ASSEMBLY STEP 5



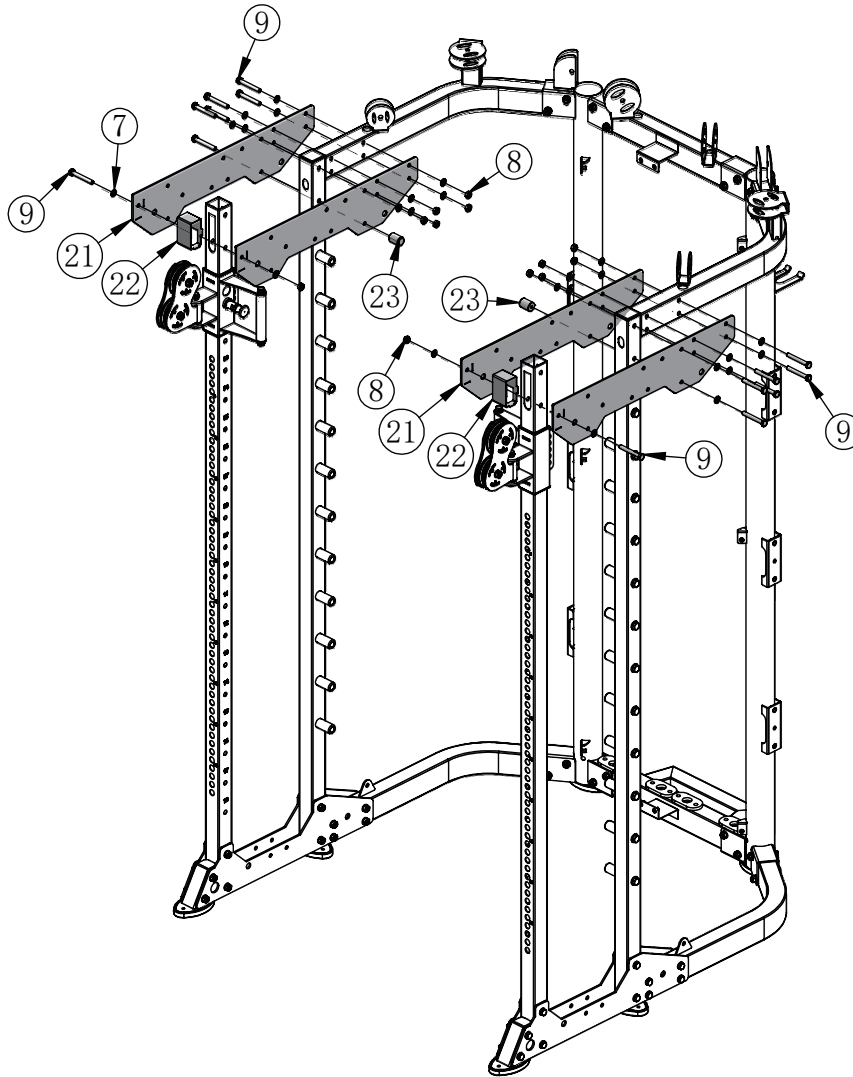
Key No.	Description	Note	Quantity
7	Flat Washer	φ10	32
8	Lock Nut	M10	16
9	Hexagon Bolt	M10×75	16
14	Foot Tube Cover		2
15	Lower Pulley Cover	T5	4
16	Smith Bar Racking Frame		2

ASSEMBLY STEP 6



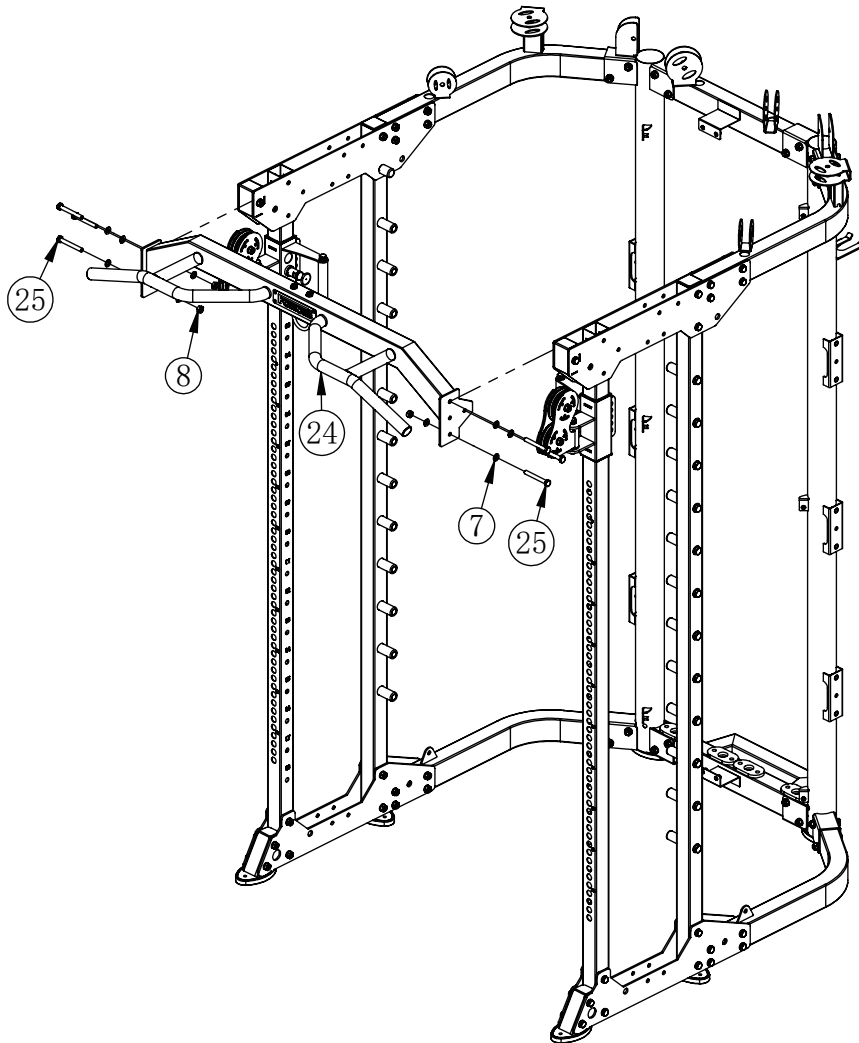
Key No.	Description	Note	Quantity
7	Flat Washer	φ10	8
8	Lock Nut	M10	4
9	Hexagon Bolt	M10×75	4
17	Front Guide Tube - Right	□50*50*2	1
18	Front Guide Tube - Left	□50*50*2	1
19	Pulley Slider - Left		1
20	Pulley Slider - Right		1

ASSEMBLY STEP 7



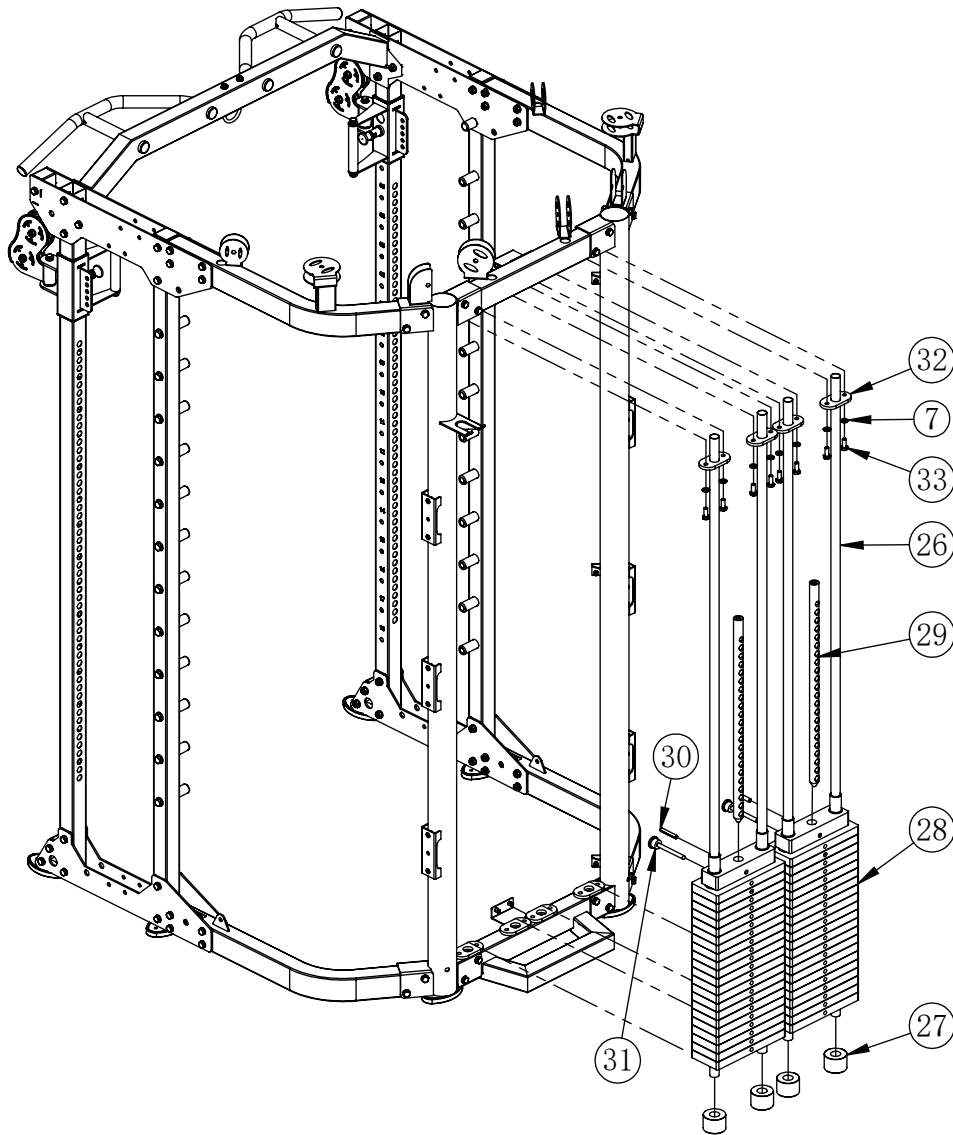
Key No.	Description	Note	Quantity
7	Flat Washer	φ10	26
8	Lock Nut	M10	12
9	Hexagon Bolt	M10×75	14
21	Upper Pulley Cover	T5	4
22	Upper Pulley End Tube	□40*80*1.5	2
23	Top Smith Bar Hook	φ25*35-M10	2

ASSEMBLY STEP 8



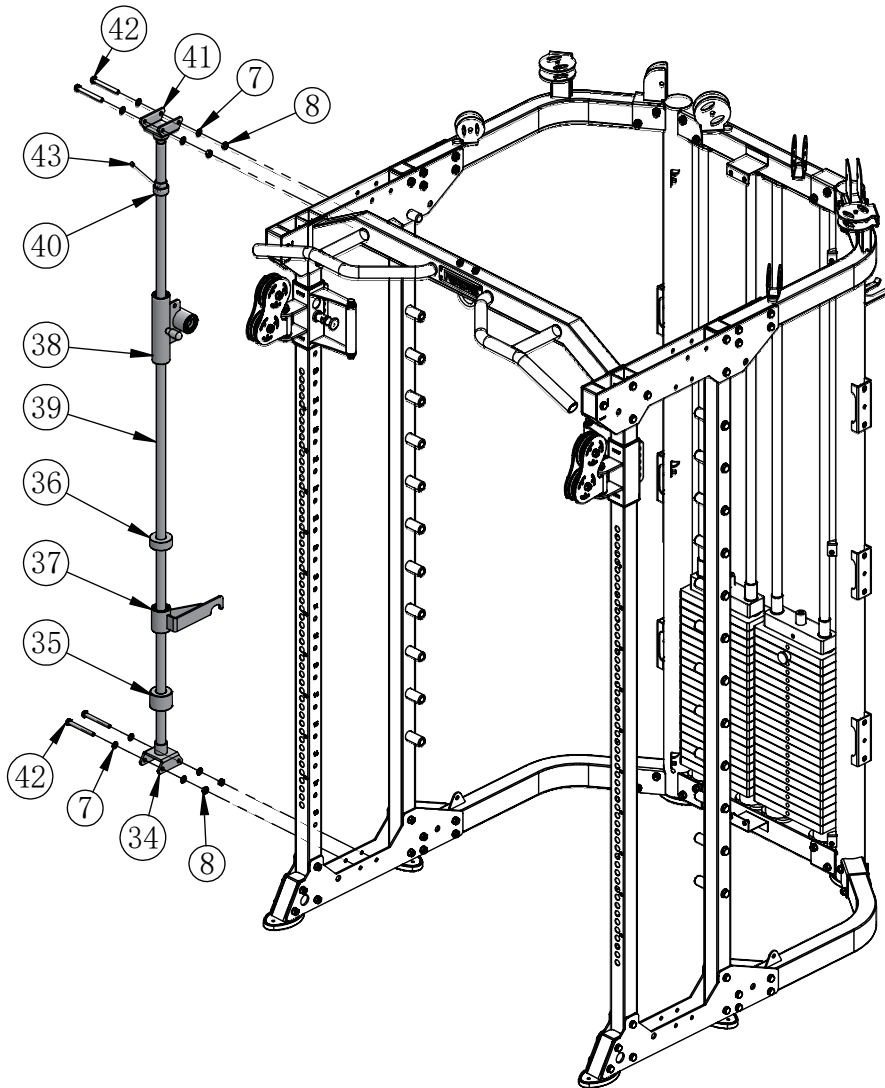
Key No.	Description	Note	Quantity
7	Flat Washer	φ10	10
8	Lock Nut	M10	4
24	Chin Up Frame		1
25	Hexagon Bolt	M10×80	6

ASSEMBLY STEP 9



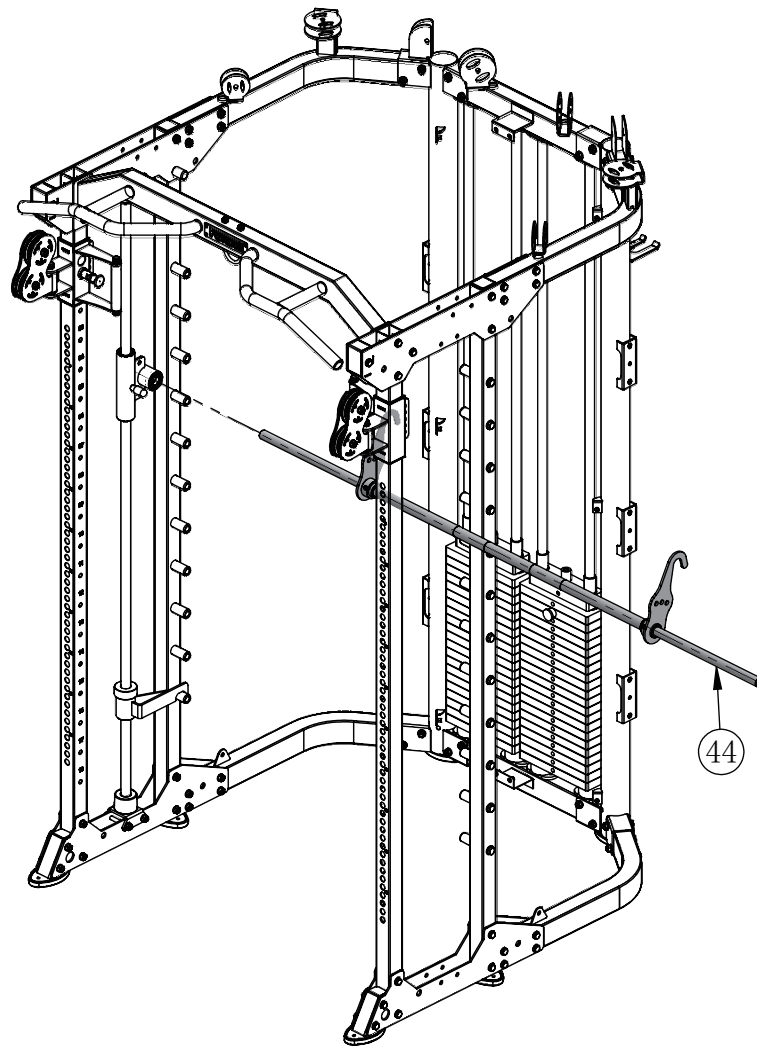
Key No.	Description	Note	Quantity
7	Flat Washer	$\phi 10$	8
26	Guide Rod	$\phi 25 \times 0.8$	4
27	Rubber Bumper - Smith Bar	$\phi 60 \times \phi 27 \times 42$	4
28	Weight Stack (Includes Top Weight Plate)	100KG	2
29	Weight Stack Pin Selector Rod (Pre Assembled)	$\phi 25$	2
30	Selector Rod Locking Pin (Pre Assembled)	10×60	2
31	Weight Selector Pin	$\phi 10 \times 100$	2
32	Weight Stack Reinforcing Plate	T8*95*50	4
33	Hexagon Bolt	M10×25	8

ASSEMBLY STEP 10



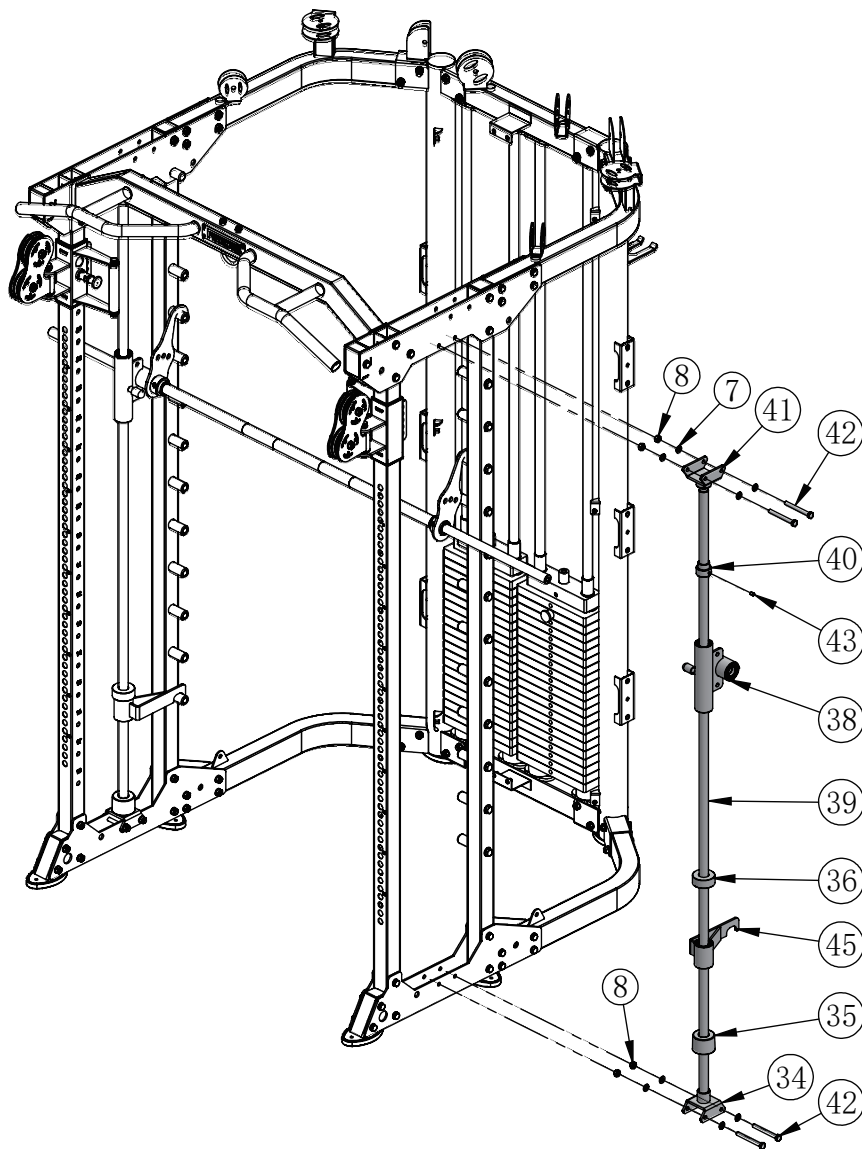
Key No.	Description	Note	Quantity
7	Flat Washer	$\phi 10$	8
8	Lock Nut	M10	4
34	Smith Bar Lower Connecting Sleeve		1
35	Large Rubber Bumper - Smith Bar	$\phi 60 \times \phi 26 \times 45$	1
36	Small Rubber Bumper - Smith Bar	$\phi 60 \times \phi 26 \times 25$	1
37	Safety Hook Right		1
38	Smith Bar Sliding Sleeve		1
39	Guide Rod - Smith Bar	$\phi 25 \times 1878$	1
40	Smith Bar Guide Rod Fixing Sleeve	$\phi 40 \times \phi 25.5 \times 35$	1
41	Smith Bar Upper Connecting Sleeve		1
42	Hexagon Bolt	M10 \times 90	4
43	Grub Screw	M8 \times 10	1

ASSEMBLY STEP 11



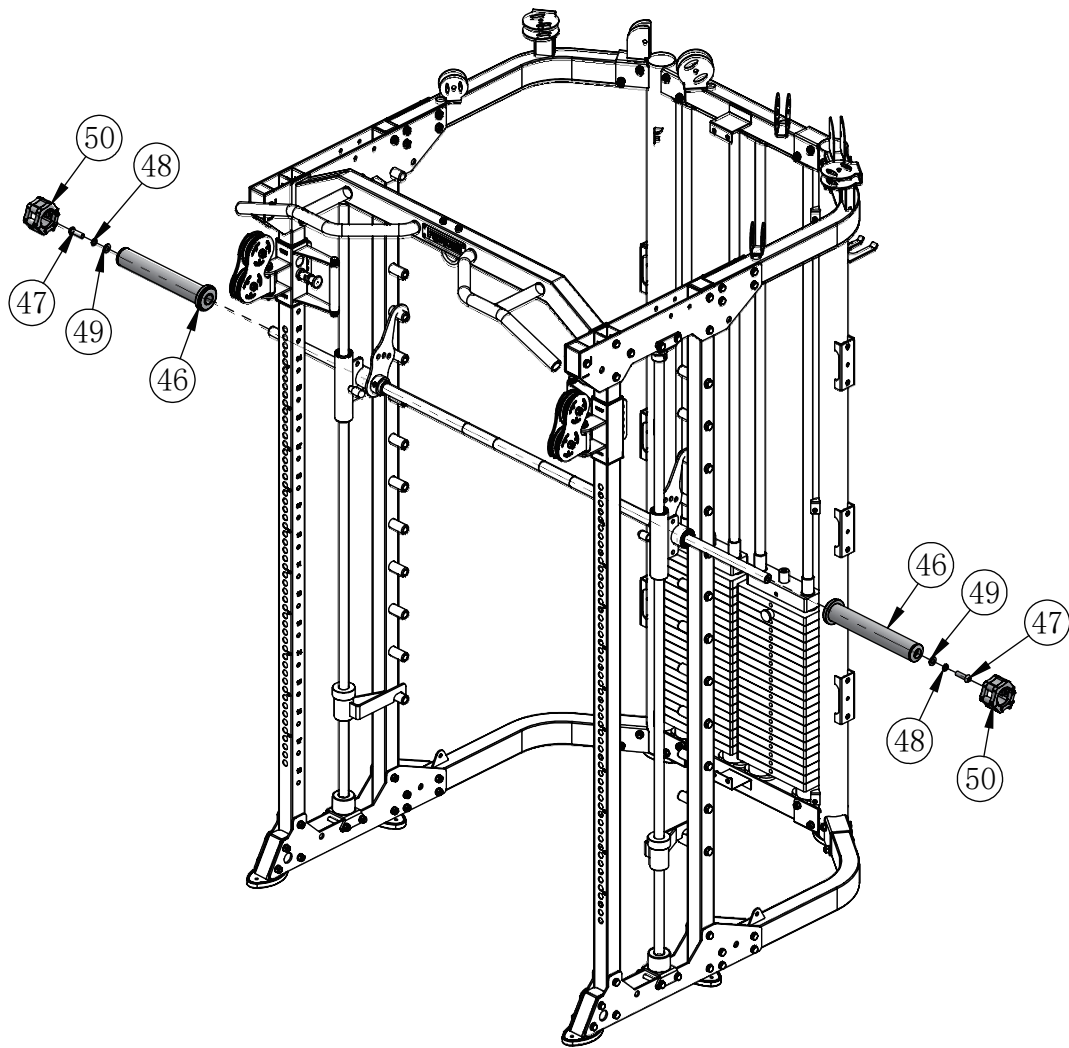
Key No.	Description	Note	Quantity
44	Smith Bar		1

ASSEMBLY STEP 12



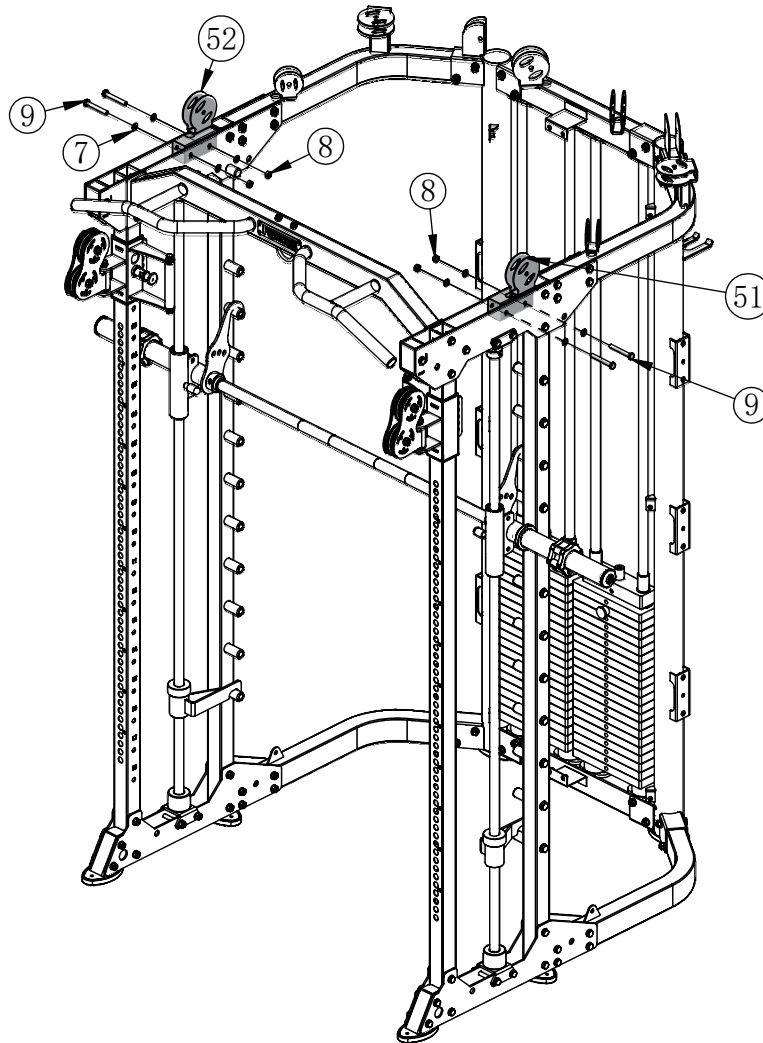
Key No.	Description	Note	Quantity
7	Flat Washer	φ10	8
8	Lock Nut	M10	4
34	Smith Bar Lower Connecting Sleeve		1
35	Large Rubber Bumper - Smith Bar	φ60×φ26×45	1
36	Small Rubber Bumper - Smith Bar	φ60×φ26×25	1
38	Smith Bar Sliding Sleeve		1
39	Guide Rod - Smith Bar	φ25*1878	1
40	Smith Bar Guide Rod Fixing Sleeve	φ40*φ25.5*35	1
41	Smith Bar Upper Connecting Sleeve		1
42	Hexagon Bolt	M10×90	4
43	Grub Screw	M8*10	1
45	Safety Hook Left		1

ASSEMBLY STEP 13



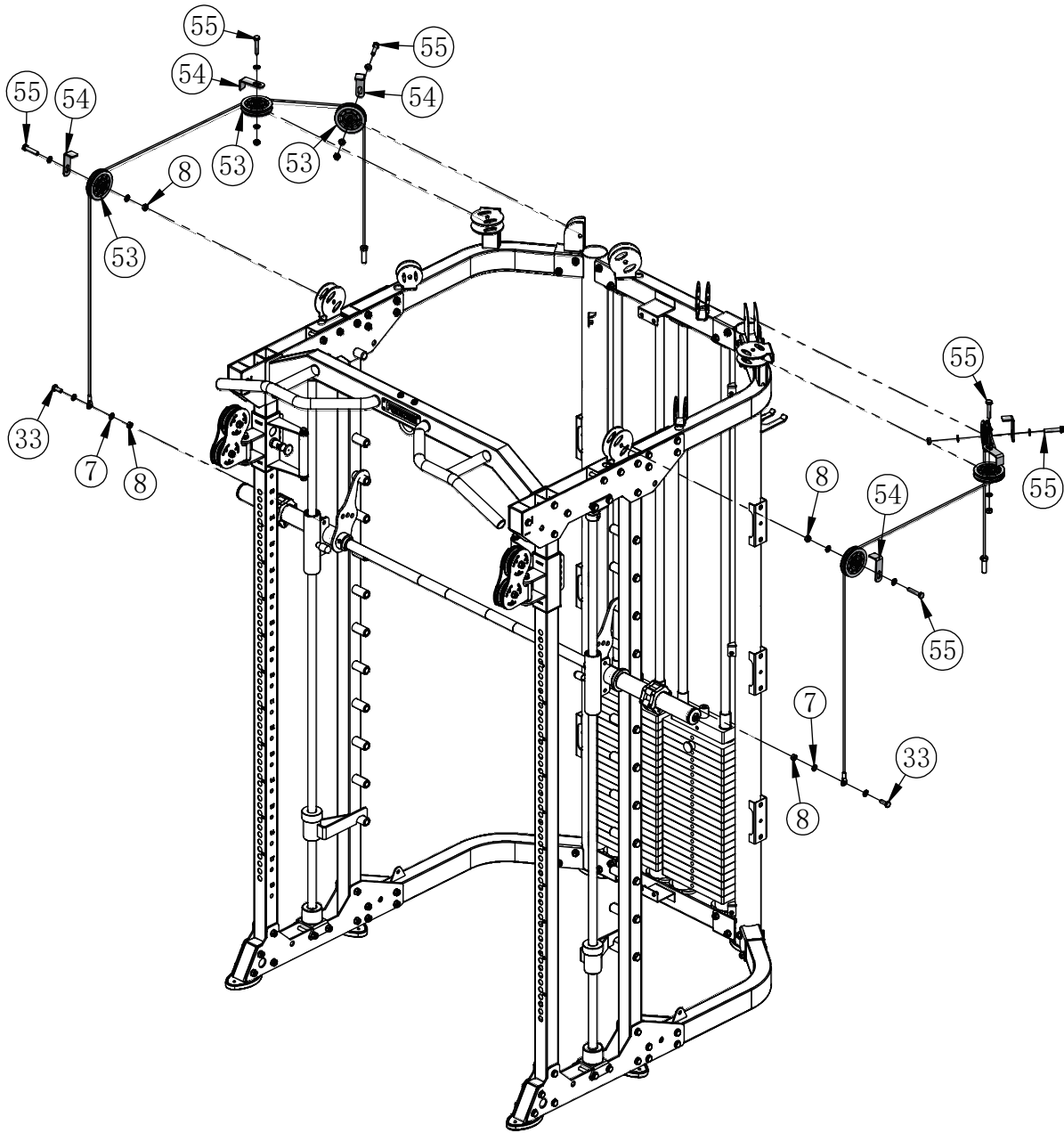
Key No.	Description	Note	Quantity
46	Smith Bar Weight Plate Sleeve		2
47	Hexagon Socket Button Head Screw	M12×40	2
48	Spring Gasket	φ12	2
49	Flat Washer	φ12	2
50	Olympic Quick Lock Collar	Φ85XΦ50XH49	2

ASSEMBLY STEP 14



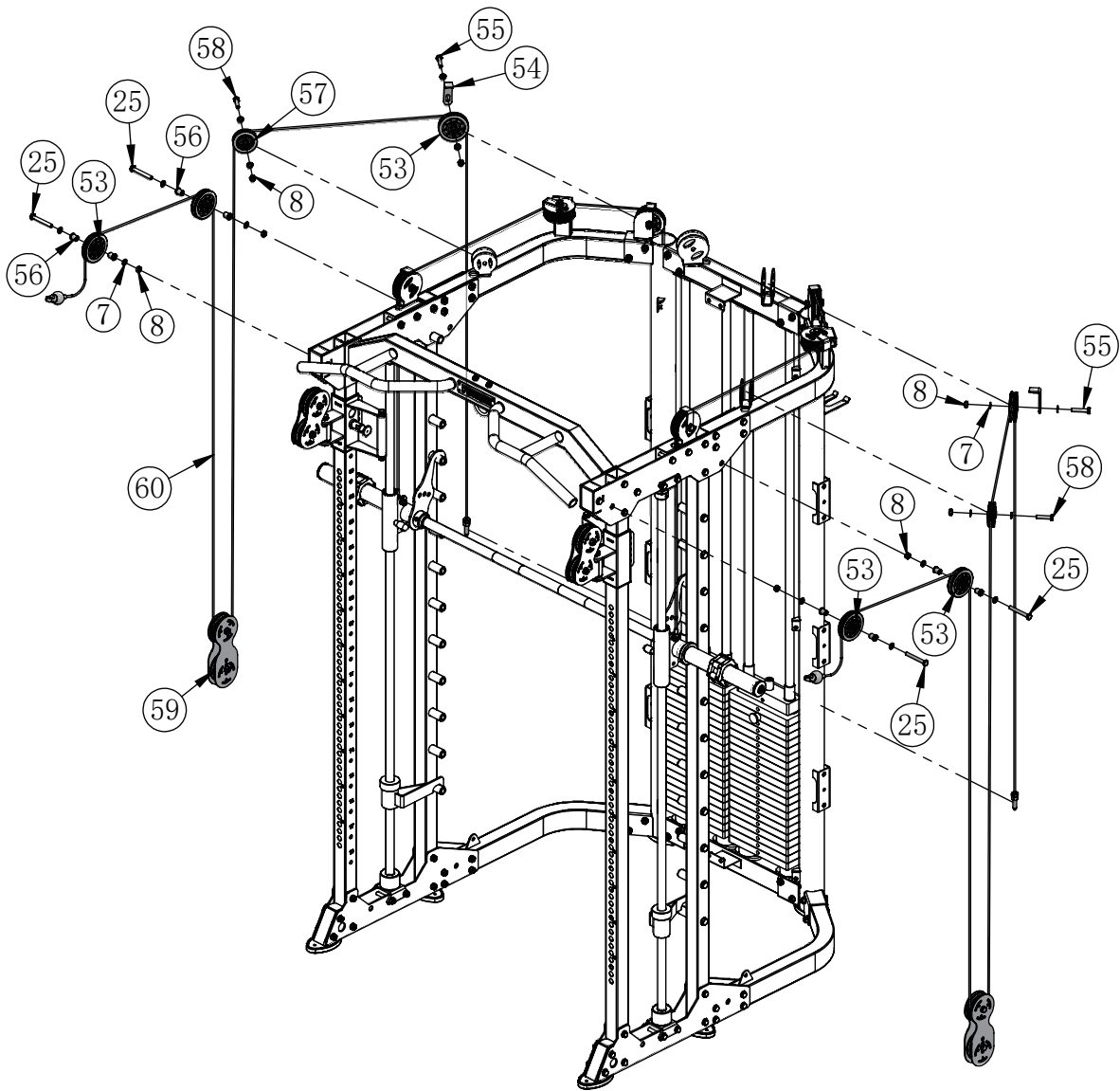
Key No.	Description	Note	Quantity
7	Flat Washer	φ10	8
8	Lock Nut	M10	4
9	Hexagon Bolt	M10×75	4
51	Top Pulley Insert Right		1
52	Top Pulley Insert Left		1

ASSEMBLY STEP 15



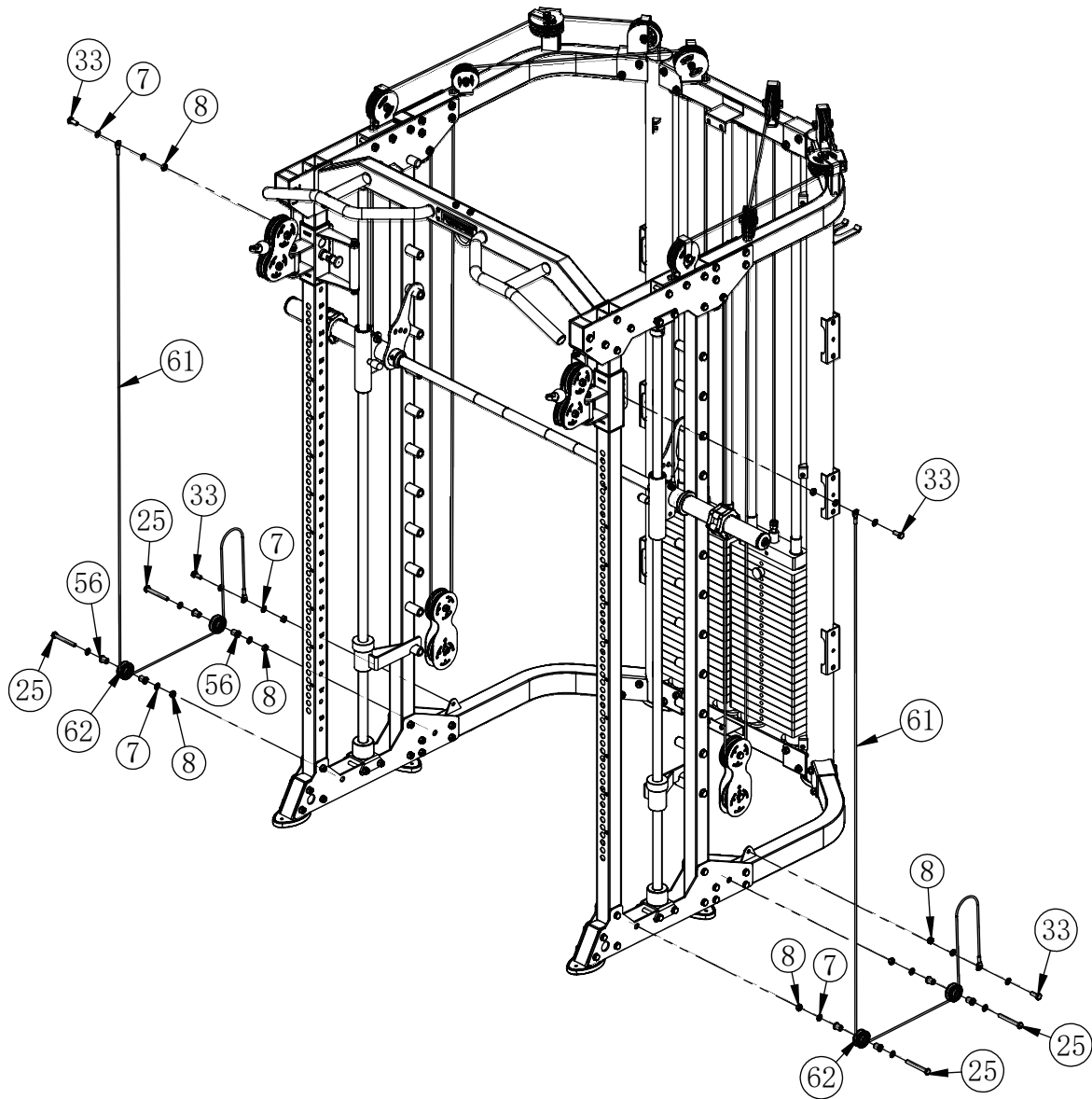
Key No.	Description	Note	Quantity
7	Flat Washer	$\phi 10$	16
8	Lock Nut	M10	8
33	Hexagon Bolt	M10×25	2
53	Pulley (96mm)	$\phi 92$	6
54	Cable Guide	T4	6
55	Hexagon Bolt	M10×50	6

ASSEMBLY STEP 16



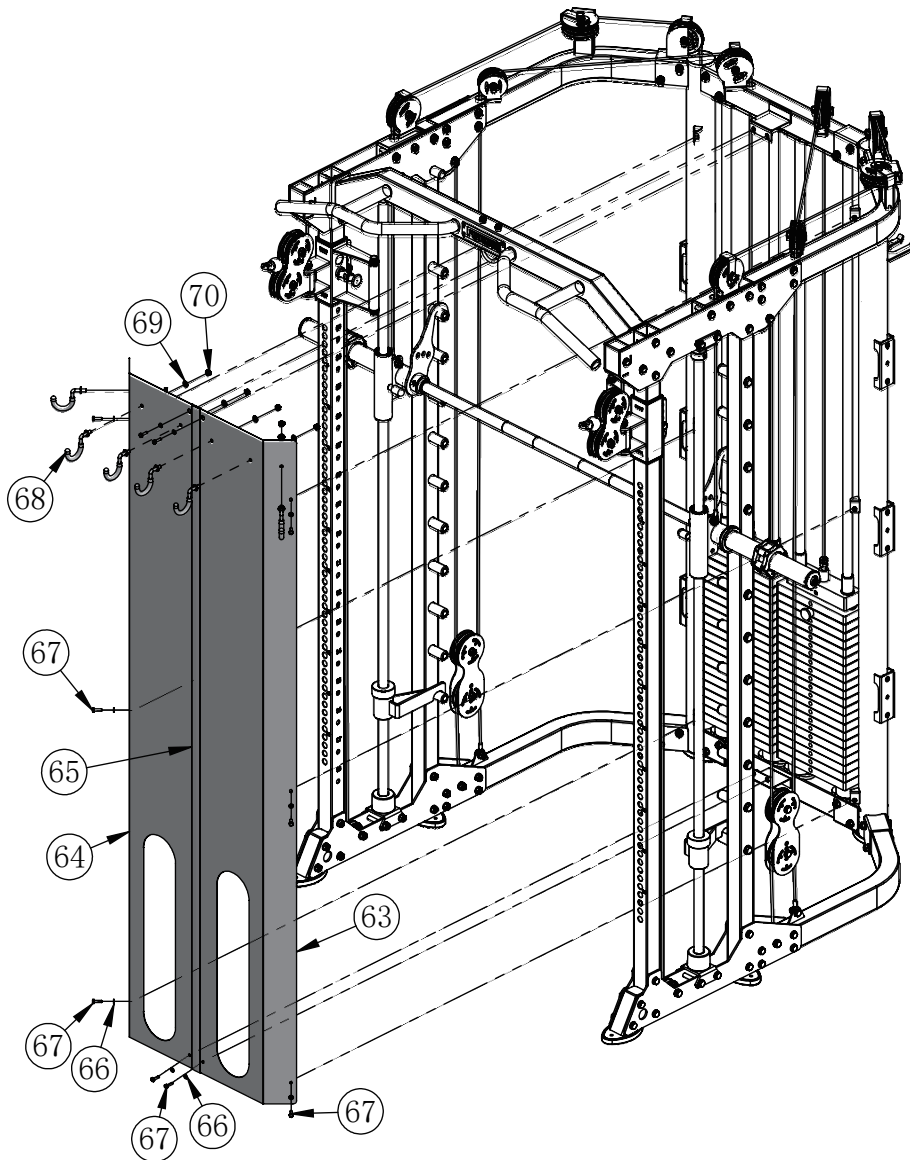
Key No.	Description	Note	Quantity
7	Flat Washer	φ10	16
8	Lock Nut	M10	8
25	Hexagon Bolt	M10×80	4
53	Pulley (96mm)	φ92	6
54	Cable Guide	T4	2
55	Hexagon Bolt	M10×50	2
56	Metal Bushing	Φ20*φ16*φ10.5*20.5	8
57	Pulley (75mm)	φ75	2
58	Hexagon Bolt	M10×45	2
59	Floating Pulley Frame		2
60	Weight Stack Cable	6400mm	2

ASSEMBLY STEP 17



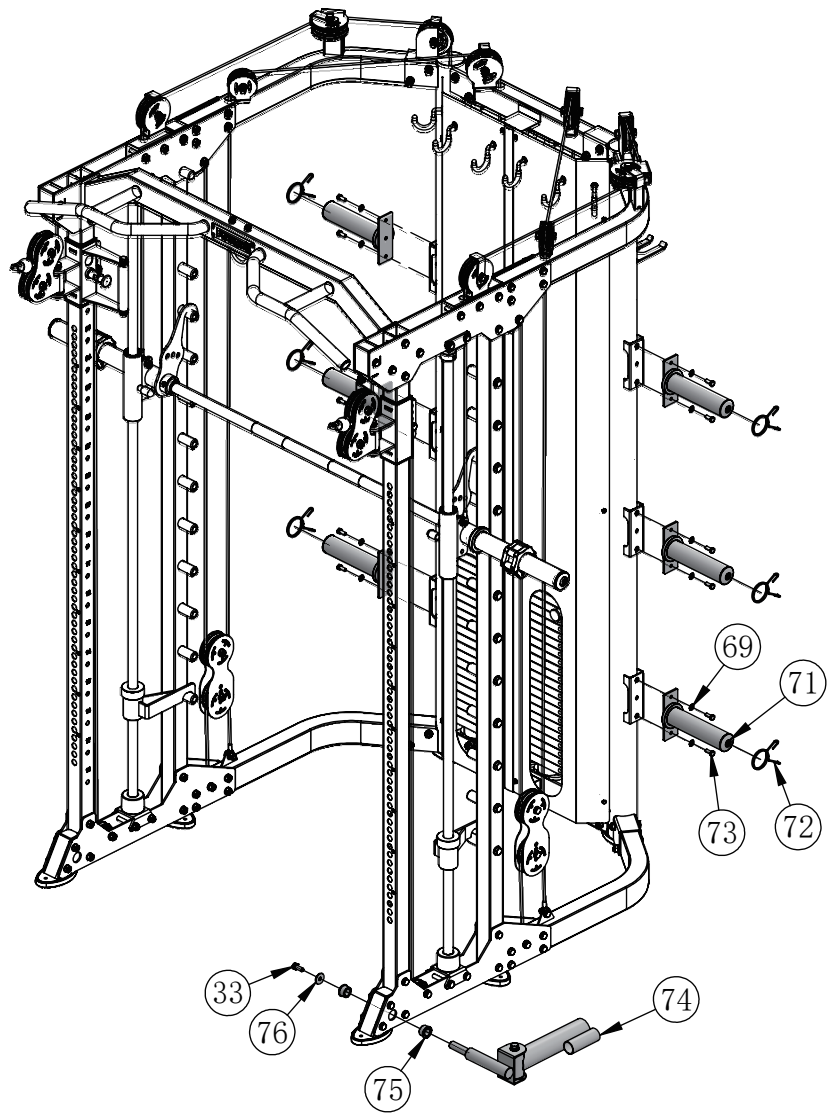
Key No.	Description	Note	Quantity
7	Flat Washer	$\phi 10$	16
8	Lock Nut	M10	8
25	Hexagon Bolt	M10×80	4
33	Hexagon Bolt	M10×25	4
56	Metal Bushing	$\Phi 20 * \phi 16 * \phi 10.5 * 20.5$	8
61	Lower Pull Cable	2785mm	2
62	Pulley (50mm)	$\phi 50$	4

ASSEMBLY STEP 18



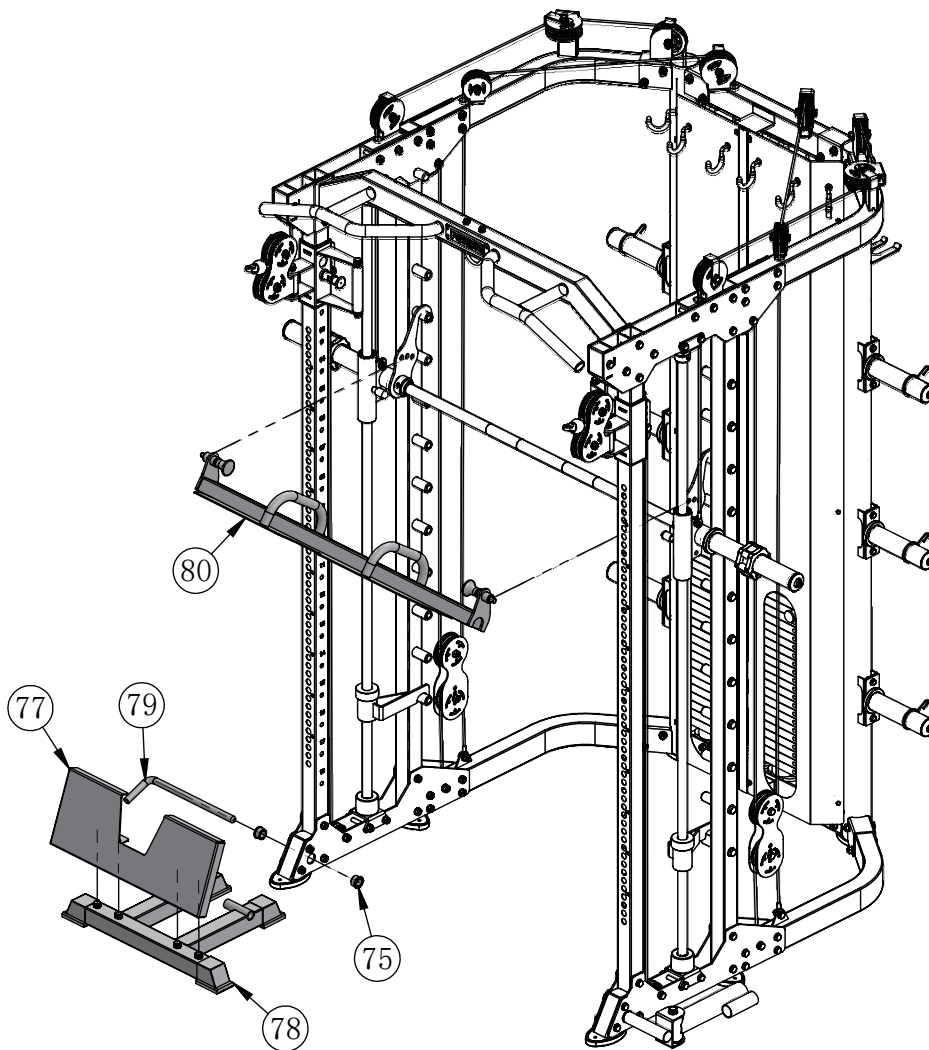
Key No.	Description	Note	Quantity
63	Weight Stack Shield - Right	T1	1
64	Weight Stack Shield - Left	T1	1
65	Shield Connection Piece	32*2027	1
66	Flat Washer	φ6	10
67	Hexagon Bolt	M6×20	10
68	Accessory Hook		6
69	Flat Washer	φ8	6
70	Lock Nut	M8	6

ASSEMBLY STEP 19



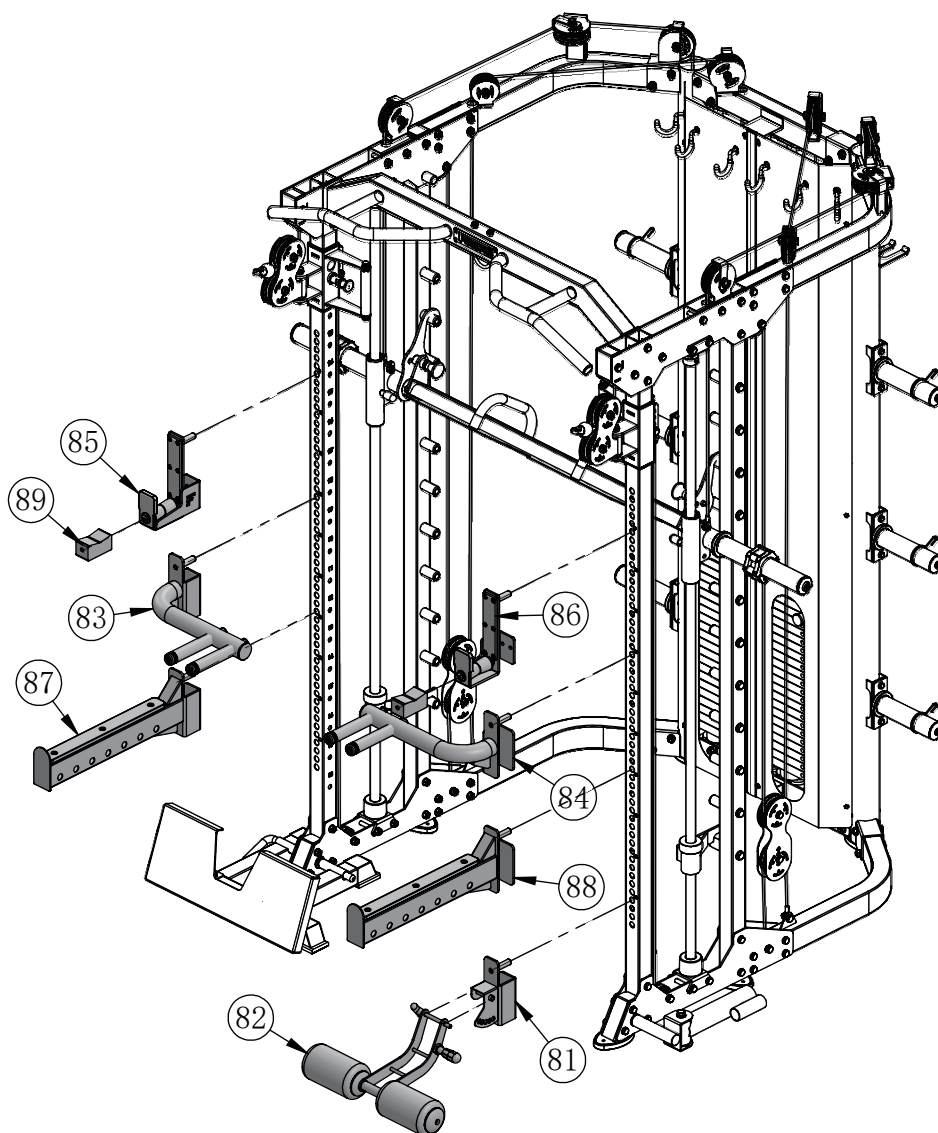
Key No.	Description	Note	Quantity
33	Hexagon Bolt	M10×25	1
69	Flat Washer	φ8	12
71	Olympic Weight Plate Holder		6
72	Olympic Spring Collar	φ50	6
73	Hexagon Bolt	M8×20	12
74	Core Trainer		1
75	Metal Bushing	φ33×φ29×φ20×18	2
76	Big Flat Washer	φ30*φ10*3	1

ASSEMBLY STEP 20



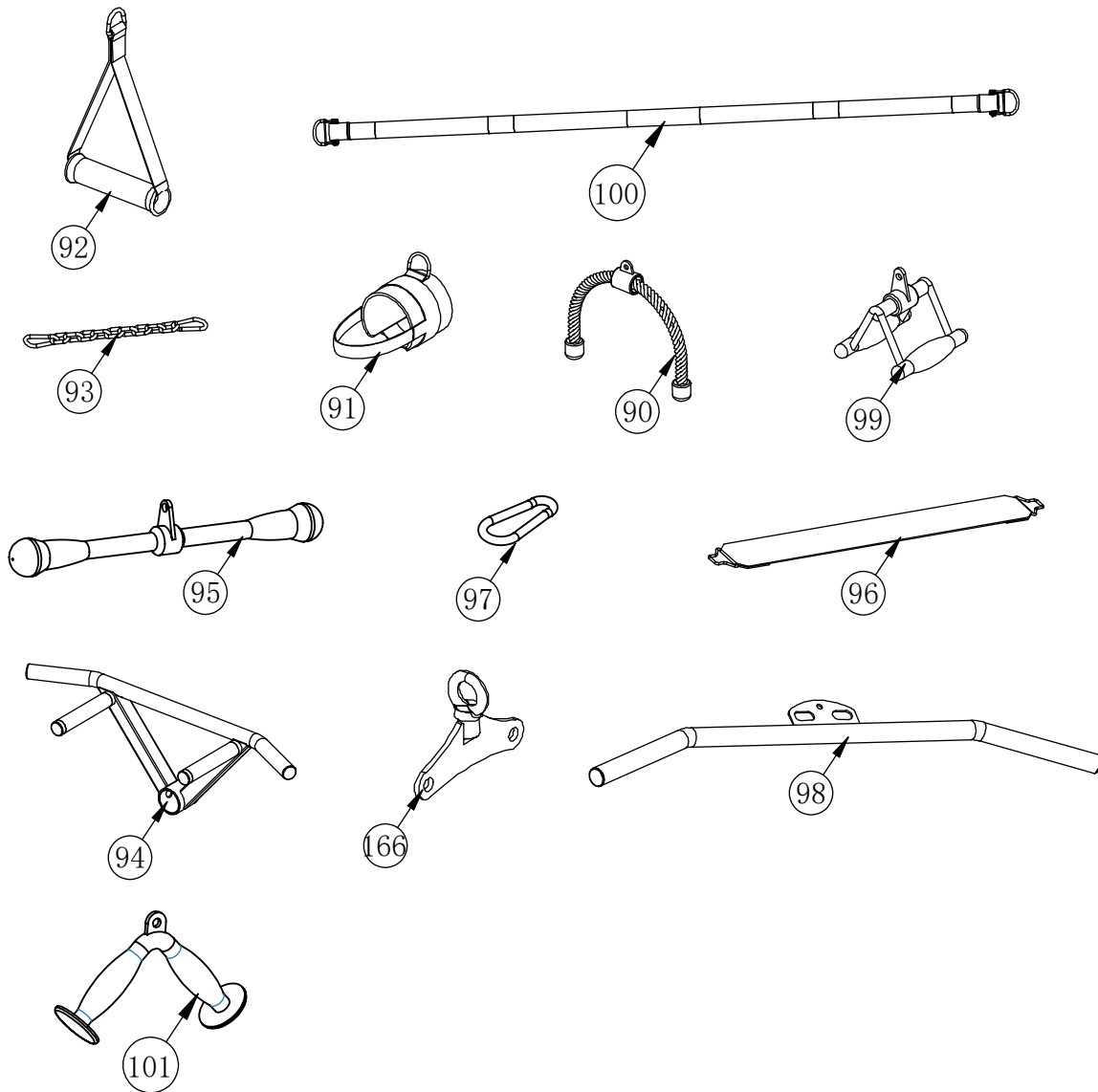
Key No.	Description	Note	Quantity
75	Metal Bushing	$\phi 33 \times \phi 29 \times \phi 20 \times 18$	2
77	Low Row Foot Plate		1
78	Low Row Foot Plate Support Frame		1
79	Band Peg	$\phi 18 \times 400$	1
80	Leg Press Foot Plate		1

ASSEMBLY STEP 21



Key No.	Description	Note	Quantity
81	Knee Stabilizer J Hook		1
82	Knee Stabilizer		1
83	Dip Handle - Left		1
84	Dip Handle - Right		1
85	J-hook - Left		1
86	J-Hook - Right		1
87	Front Safety - Left		1
88	Front Safety - Right		1
89	J-hook Block Insert		2

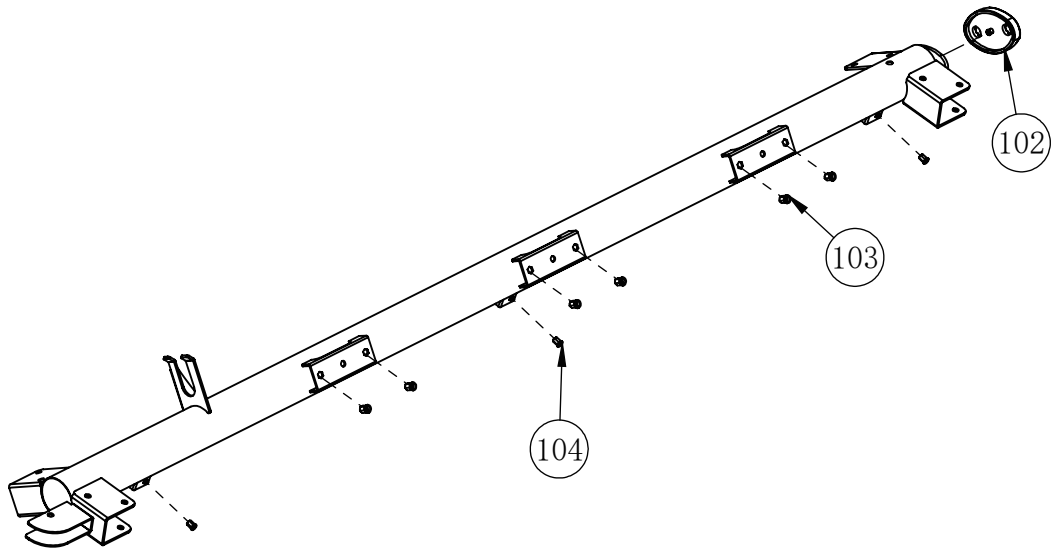
ACCESSORY



Key No.	Description	Note	Quantity
90	Tricep Rope	φ28*690	1
91	Ankle Strap	Leather with Ring	1
92	Single Stirrup - Nylon		2
93	Extension Chain		2
94	Core Trainer Handle		1
95	Short Revolving Straight Bar		1
96	Bodyweight Assist Strap	1020mm	1
97	Carabiner	Standard Part	2
98	Lat Pulldown Bar		1
99	Close Grip Triangle		1
100	Connection Bar - Straight		1
101	V-bar		1
166	Dual Cable Connector		1

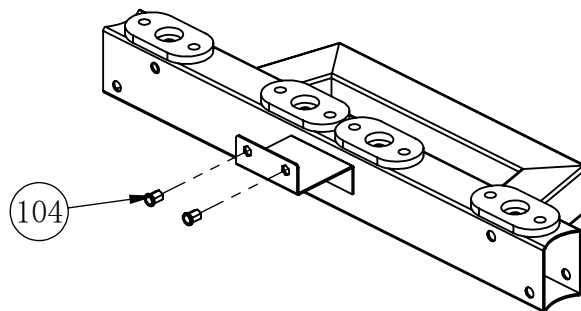
EXPLODED DIAGRAM

Upright Frame Right, 1 pc
 Upright Frame Left, 1 pc



Key No.	Description	Note	Quantity
102	Oval Pad	131*80	1
103	Hexagon Rivet Nut	M8	6
104	Hexagon Rivet Nut	M6	3

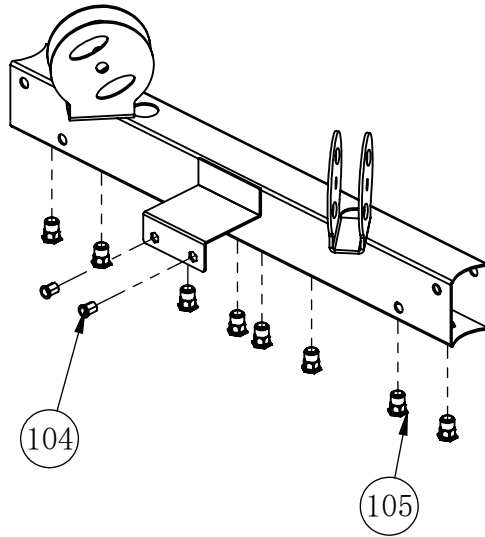
Mainframe Connecting Tube, 1 pc



Key No.	Description	Note	Quantity
104	Hexagon Rivet Nut	M6	2

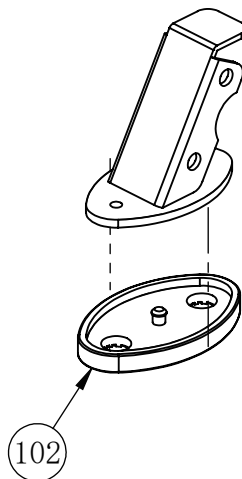
EXPLODED DIAGRAM

Upper Mainframe Connecting Tube, 1 pc



Key No.	Description	Note	Quantity
104	Hexagon Rivet Nut	M6	2
105	Countersunk Hexagon Rivet Nut	M10	8

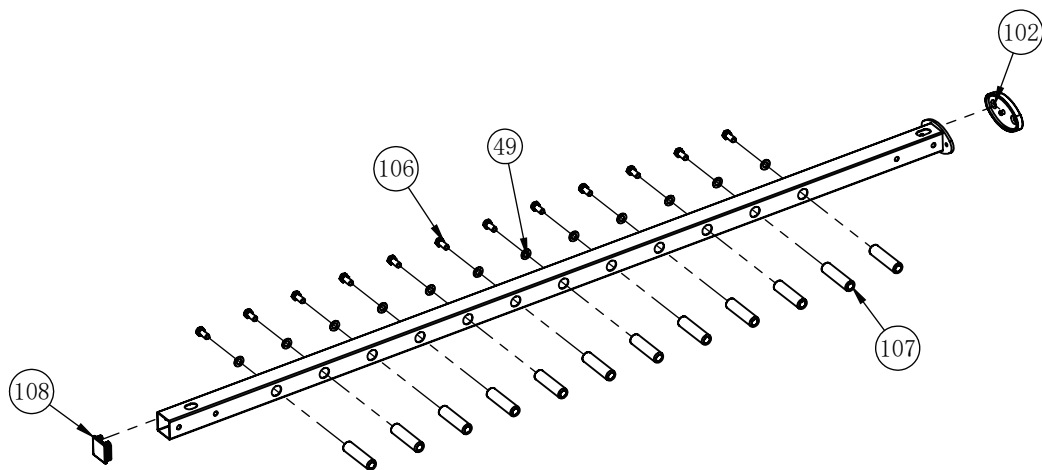
Foot Tube Cover, 2 pcs



Key No.	Description	Note	Quantity
102	Oval Pad	131*80	1

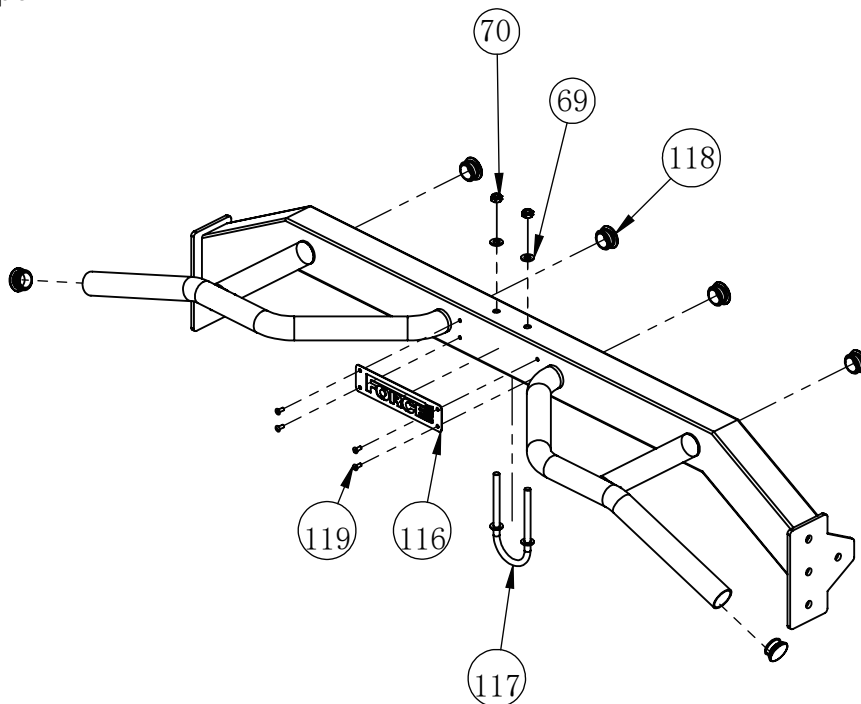
EXPLODED DIAGRAM

Upright Tube, 2 pcs



Key No.	Description	Note	Quantity
49	Flat Washer	φ12	12
102	Oval Pad	131*80	1
106	Hexagon Bolt	M12×25	12
107	Upright Tube	φ25*M12*98	12
108	Inner Plug	□50×50×1.2	1

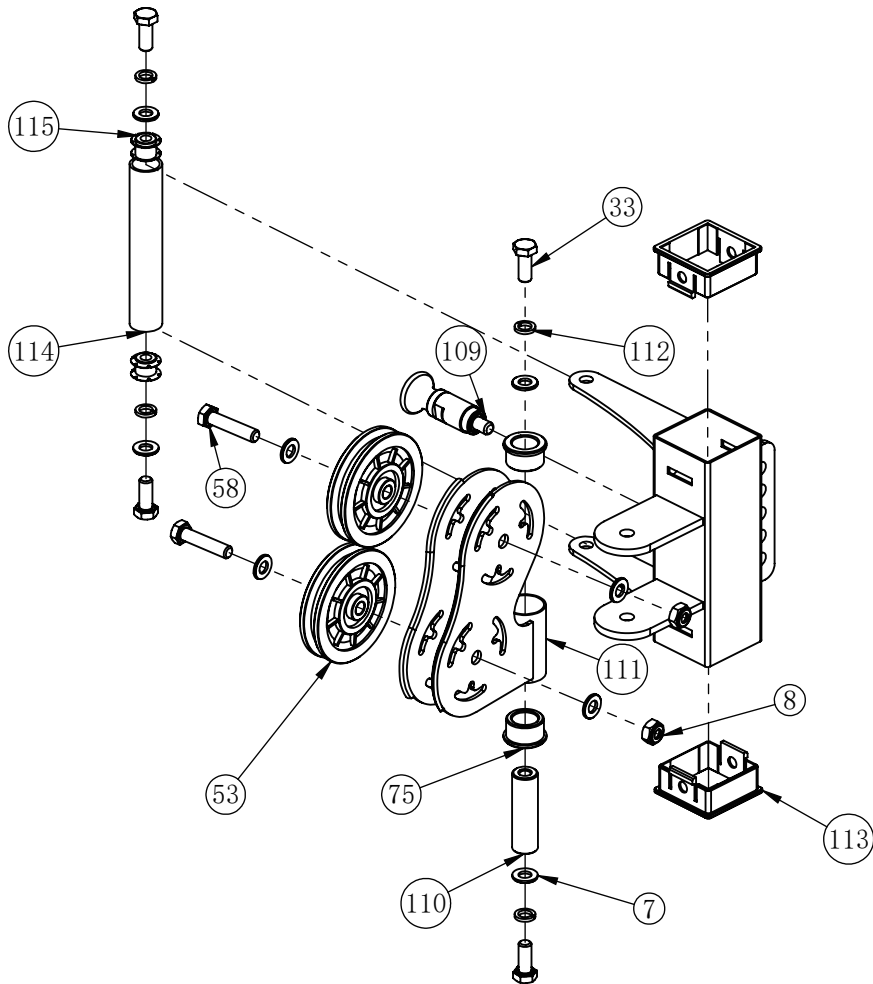
Chin Up Bar, 1 pc



Key No.	Description	Note	Quantity
69	Flat Washer	φ8	2
70	Lock Nut	M8	2
116	Logo Plate	T1	1
117	Hanging Ring		1
118	Round Tube Plug	φ32×1.5	6
119	Oblate Core-pulling Rivet	4×10	4

EXPLODED DIAGRAM

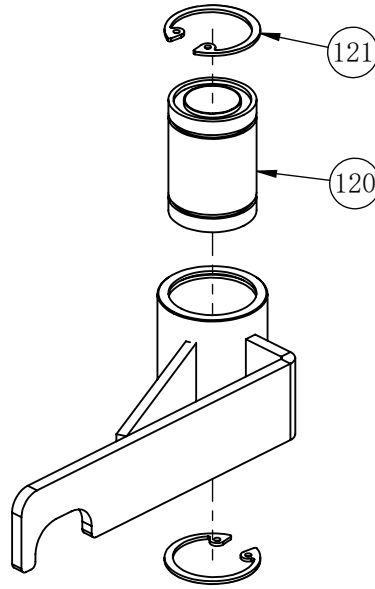
Sliding Tube Left, 1 pc
Sliding Tube Right, 1 pc



Key No.	Description	Note	Quantity
7	Flat Washer	$\phi 10$	8
8	Lock Nut	M10	2
33	Hexagon Bolt	M10×25	4
53	Pulley (96mm)	$\phi 92$	2
58	Hexagon Bolt	M10×45	2
75	Metal Bushing	$\phi 33 \times \phi 29 \times \phi 20 \times 18$	2
109	Spring Pin	M20×1.5- $\phi 10$	1
110	Internal Thread Shaft	$\phi 20 \times 67$	1
111	Pulley Rotating Sleeve		1
112	Spring Gasket	$\phi 10$	4
113	Bushing	50-60	2
114	Handgrip Tube	$\phi 25 \times 2$	1
115	Two Layer Spring Slice Nut	$\phi 23 \times M10$	2

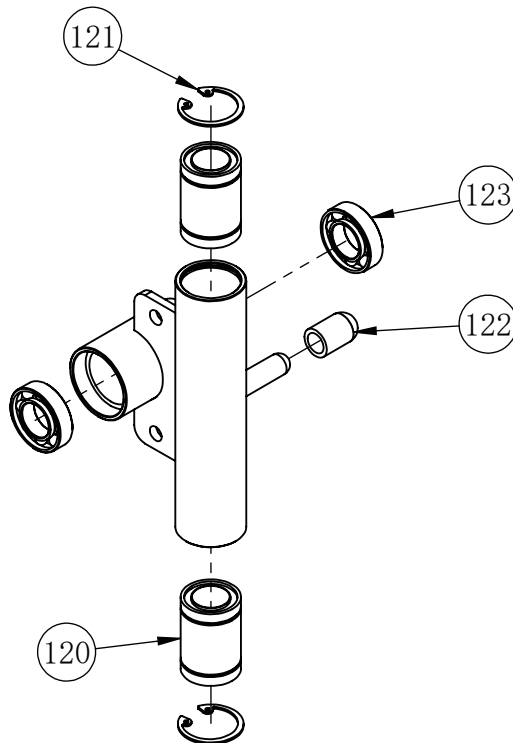
EXPLODED DIAGRAM

Safety Hook Right, 1 pc
 Safety Hook Left, 1 pc



Key No.	Description	Note	Quantity
120	Linear Bearing	$\phi 40 * \phi 25 * 58$	1
121	Spring Stop Collar	$\phi 40$	2

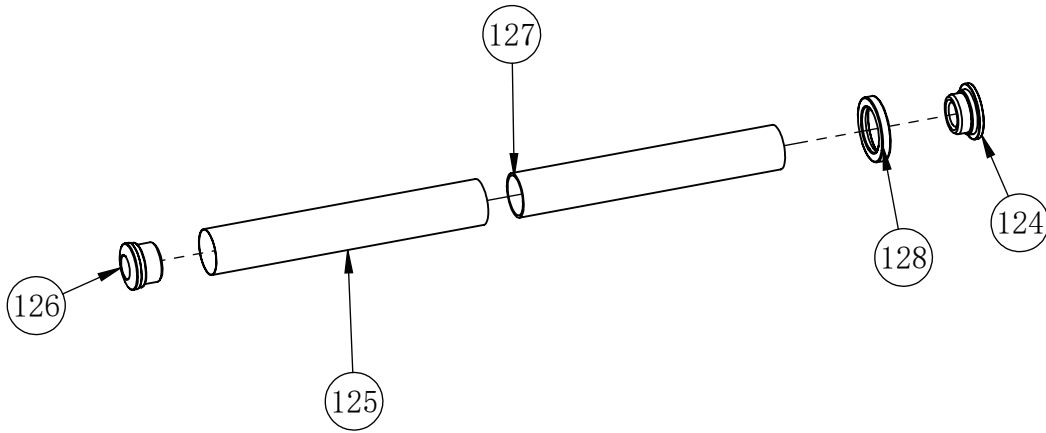
Sliding Sleeve, 2 pcs



Key No.	Description	Note	Quantity
120	Linear Bearing	$\phi 40 * \phi 25 * 58$	2
121	Spring Stop Collar	$\phi 40$	2
122	Buffer Sleeve	$\phi 21 * 35$	1
123	Deep Groove Ball Bearing	6005	2

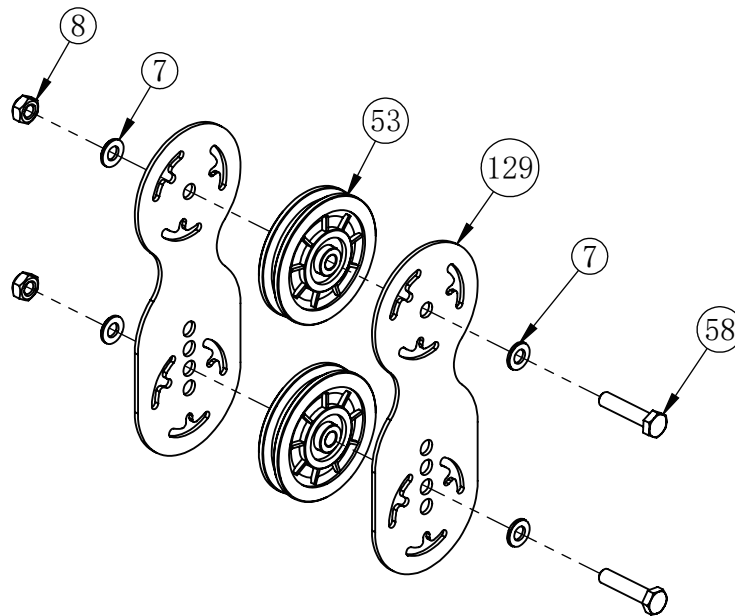
EXPLODED DIAGRAM

Pipe, 1 pc



Key No.	Description	Note	Quantity
124	Inner Stop Collar	$\phi 60 \times 27$	1
125	Outer Sleeve Tube	$\phi 49.5 \times 0.6$	1
126	Barbell Bar Stopper-Arc	$\phi 50 \times 37$	1
127	Barbell Bar Inner Sleeve Tube	$\phi 48 \times 2.5$	1
128	Rubber Stop Collar	$\phi 70 \times \phi 50 \times \phi 10$	1

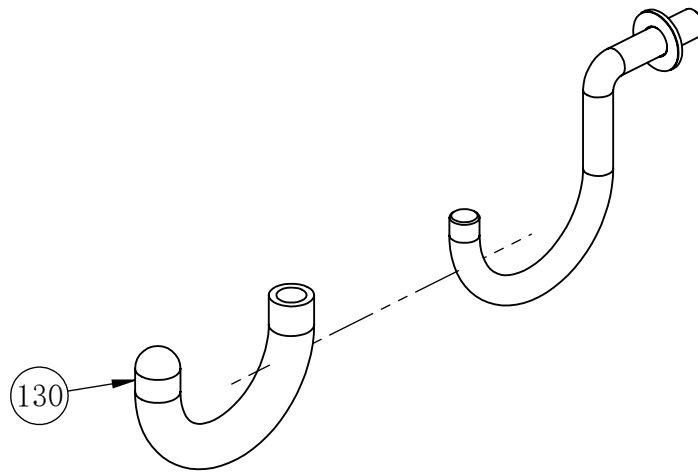
Floating Pulley Bracket, 2 pcs



Key No.	Description	Note	Quantity
7	Flat Washer	$\phi 10$	4
8	Lock Nut	M10	2
53	Pulley (96mm)	$\phi 92$	2
58	Hexagon Bolt	M10 \times 45	2
129	Pulley Adjusting Plate	T3	2

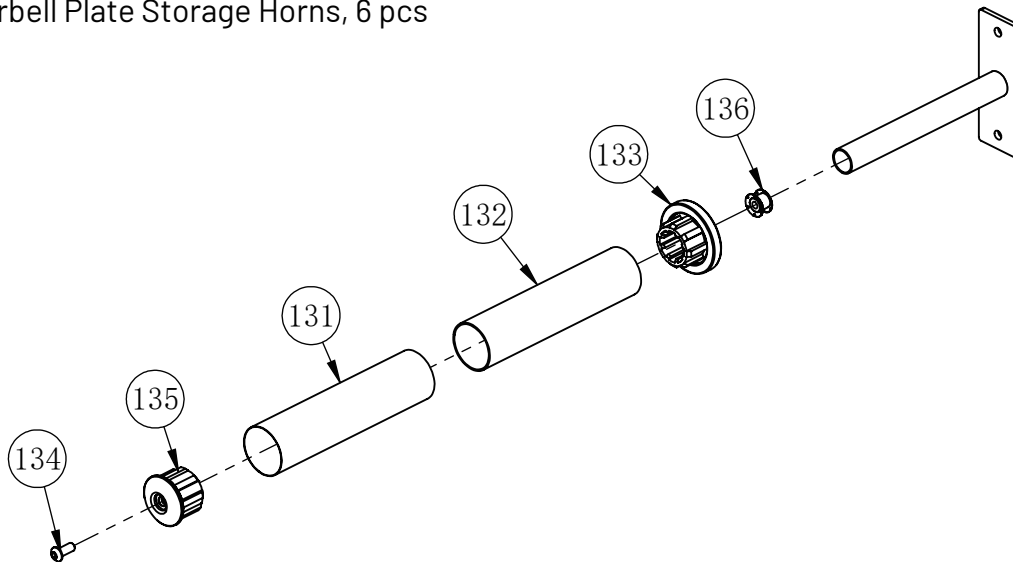
EXPLODED DIAGRAM

Hook, 6 pcs



Key No.	Description	Note	Quantity
130	Hook Plastic Dip Sleeve	Φ8*100	1

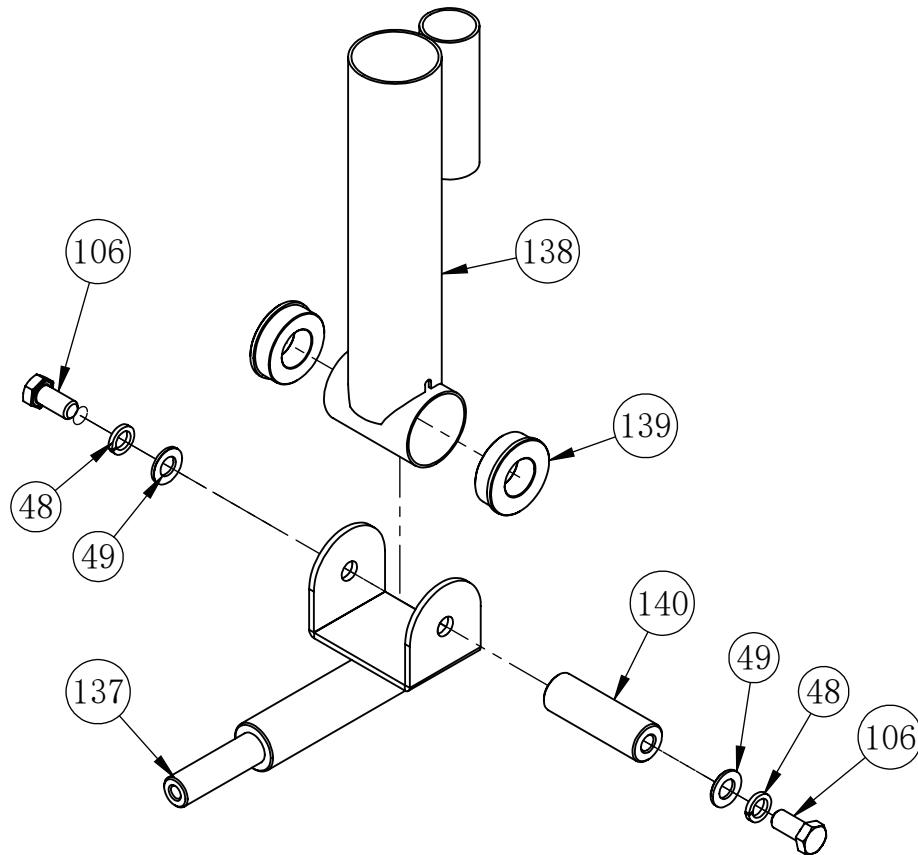
Barbell Plate Storage Horns, 6 pcs



Key No.	Description	Note	Quantity
131	Outer Sleeve Tube	φ49.5*0.6*200	1
132	Barbell Bar Sleeve Tube	φ48*1.5*198	1
133	Barbell Inner Support Sleeve	φ70×φ44.8×φ25.5×30	1
134	Hexagon Socket Button Head Screw	M8*20	1
135	Outer Support Sleeve	φ50×φ44.8×φ25.5	1
136	Two Layer Spring Slice Nut	φ23-M8	1

EXPLODED DIAGRAM

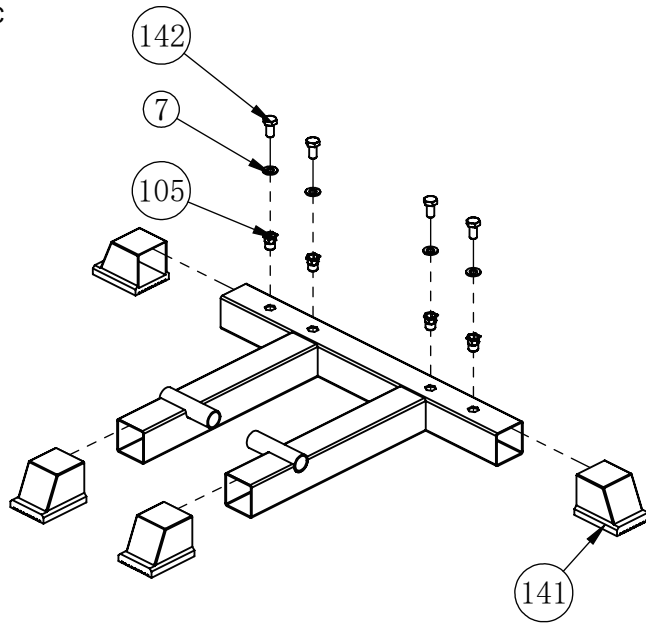
Core Trainer, 1 pc



Key No.	Description	Note	Quantity
48	Spring Gasket	φ12	2
49	Flat Washer	φ12	2
106	Hexagon Bolt	M12×25	2
137	Core Trainer Weldment		1
138	Double Barbell Rotater		1
139	Powder Sleeve	φ50×φ47×φ25×15	2
140	Internal Thread Shaft	φ25*77*M12	1

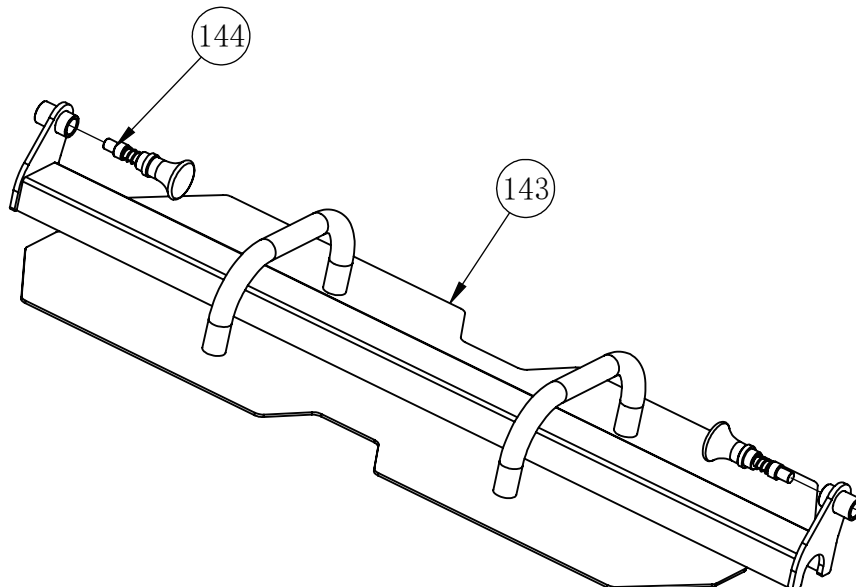
EXPLODED DIAGRAM

Foot Plate Bracket, 1 pc



Key No.	Description	Note	Quantity
7	Flat Washer	φ10	4
105	Countersunk Hexagon Rivet Nut	M10	4
141	Foot Cover	□50×50	4
142	Hexagon Bolt	M10×20	4

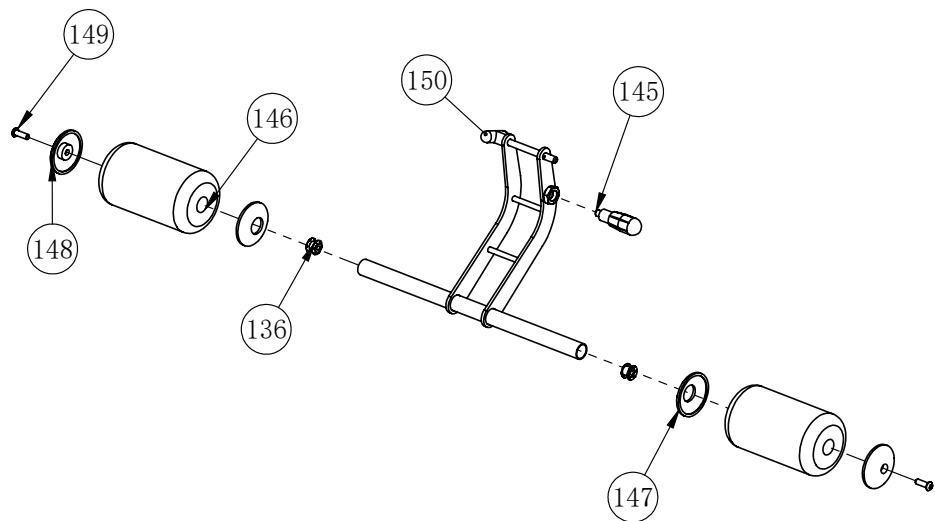
Leg Press Plate, 1 pc



Key No.	Description	Note	Quantity
143	Foot Plate		1
144	Umbrella Pin	φ12×M20×40	2

EXPLODED DIAGRAM

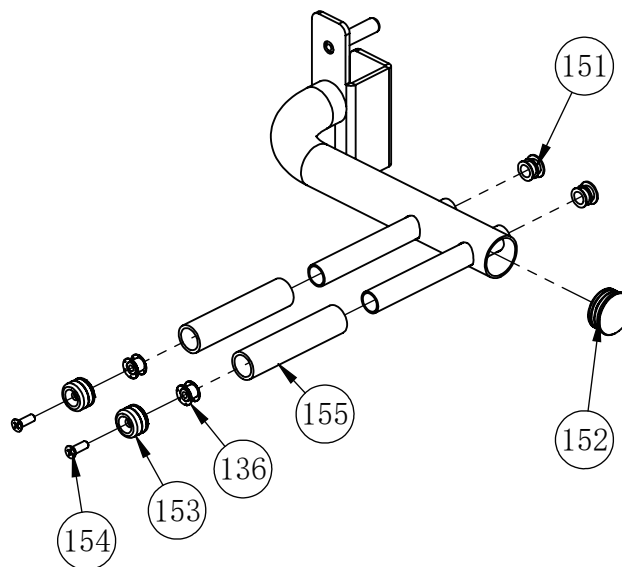
Leg Curl Tube, 1 pc



Key No.	Description	Note	Quantity
136	Two Layer Spring Slice Nut	$\phi 23-M8$	2
145	Lock Pin	M18X12X $\phi 10$	1
146	Foam Roller	$\phi 25 \times \phi 100 \times 175$	2
147	Foam Inner Cover	$\phi 70 \times \phi 27 \times 12$	2
148	Foam Outer Cover	$\phi 70 \times \phi 9 \times 14$	2
149	Hexagon Socket Button Head Screw	M8x25	2
150	T-shaped Pin	$\phi 10 \times 100$	1

Dip Handle Right, 1 pc

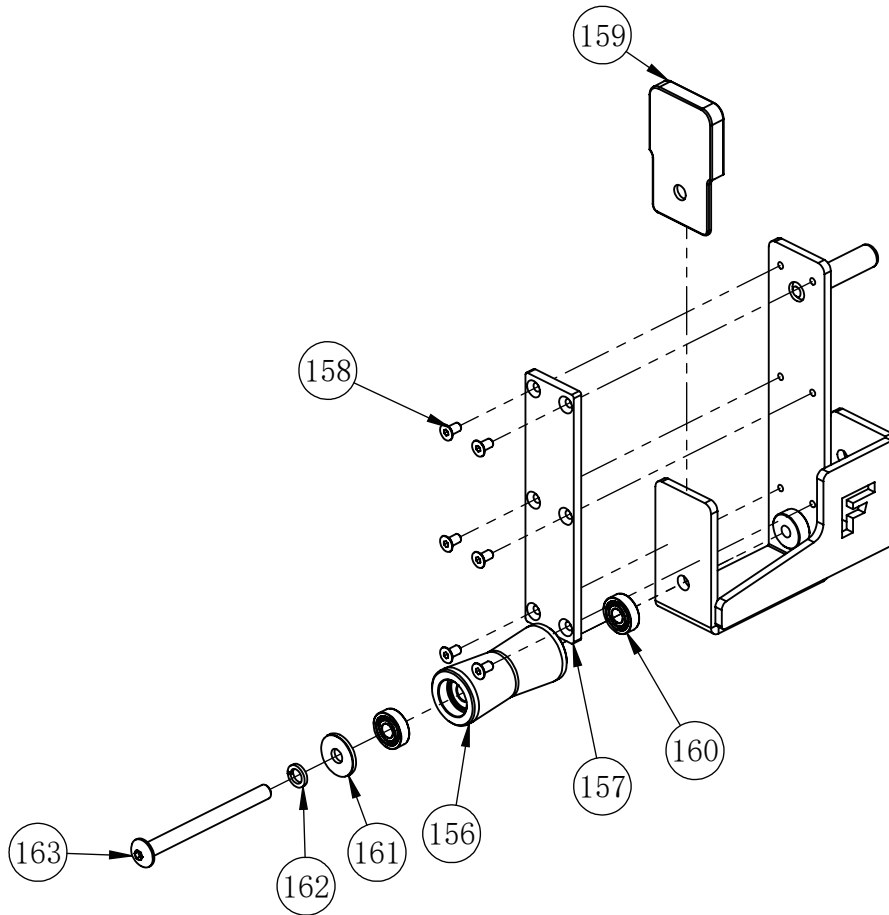
Dip Handle Left, 1 pc



Key No.	Description	Note	Quantity
136	Two Layer Spring Slice Nut	$\phi 23-M8$	2
151	Round Tube Plug	$\Phi 25 \times 2$	2
152	End Cap	$\phi 48 \times 2.5$	1
153	Dip Handle Lock Ring	$\phi 31.5 \times \phi 25.5$	2
154	Cross Recessed Countersunk Head Screw	M8x20	2
155	Handle Cover	$\phi 25 \times 140$	2

EXPLODED DIAGRAM

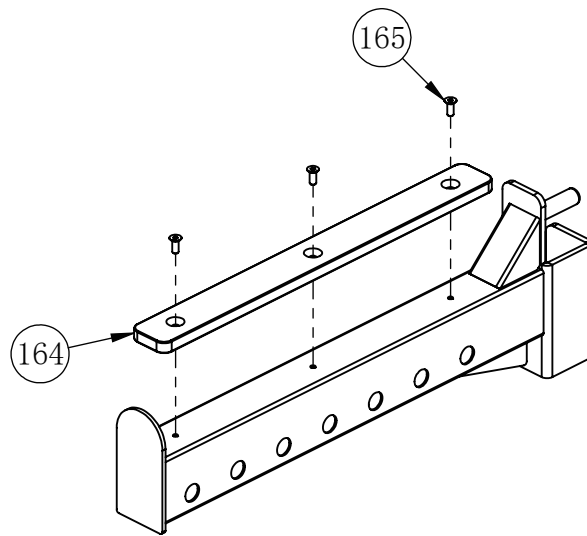
J Hook Left, 1 pc
 J Hook Right, 1 pc



Key No.	Description	Note	Quantity
156	J Hook Roller	$\phi 40 \times 88$	1
157	Rubber Sheet	$\phi 190 \times 45 \times 7$	1
158	Countersunk Head Hexagon Screw	M6×12	6
159	J Hook Front Rubber Sheet	12.3×96	1
160	Deep Groove Ball Bearing	6000	2
161	Big Flat Washer	$\phi 30 \times \phi 10 \times 3$	1
162	Spring Washer	$\phi 10$	1
163	Hexagon Socket Button Head Screw	M10×115	1

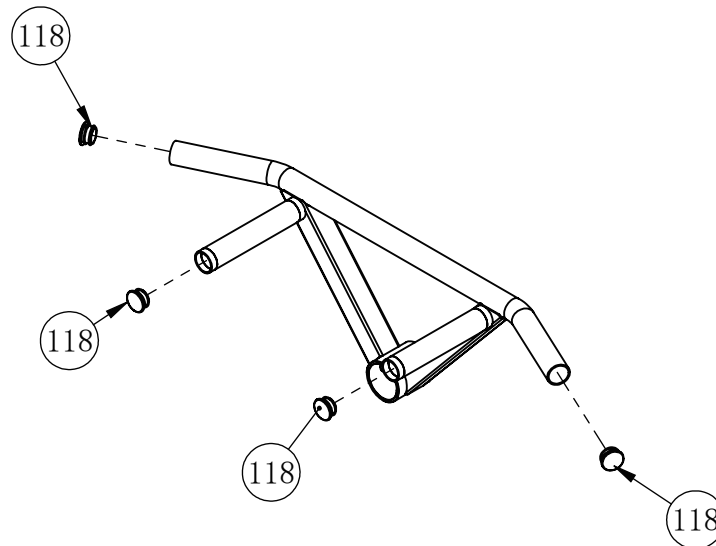
EXPLODED DIAGRAM

Safety Spotter Right, 1 pc
 Safety Spotter Left, 1 pc



Key No.	Description	Note	Quantity
164	Front Safety Tube Rubber Sheet	T12	1
165	Countersunk Hexagon Socket Button Screw	M6×16	3

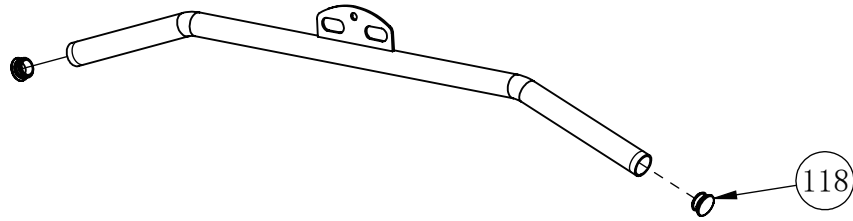
Pull Lift Device, 1 pc



Key No.	Description	Note	Quantity
118	Round Tube Plug	φ32×1.5	4

EXPLODED DIAGRAM

Lat Pull Down Bar, 1 pc



Key No.	Description	Note	Quantity
118	Round Tube Plug	$\phi 32 \times 1.5$	2

PARTS LIST

Key No.	Description	Note	Quantity
1	Upright Frame - Right		1
2	Upright Frame - Left		1
3	Smith Bar Counterbalance	φ5*2935	2
4	Counterbalance Cable		2
5	Rear Lower Connection Frame		1
6	Rear Upper Connection Frame		1
7	Flat Washer	φ10	216
8	Lock Nut	M10	96
9	Hexagon Bolt	M10×75	54
10	Base Bending Frame - Left		1
11	Base Bending Frame - Right		1
12	Upper Bending Frame - Right		1
13	Upper Bending Frame - Left		1
14	Foot Tube Cover		2
15	Lower Pulley Cover	T5	4
16	Smith Bar Racking Frame		2
17	Front Guide Tube - Right	□50*50*2	1
18	Front Guide Tube - Left	□50*50*2	1
19	Pulley Slider - Left		1
20	Pulley Slider - Right		1
21	Upper Pulley Cover	T5	4
22	Upper Pulley End Tube	□40*80*1.5	2
23	Top Smith Bar Hook	φ25*35-M10	2
24	Chin Up Frame		1
25	Hexagon Bolt	M10×80	14
26	Guide Rod	φ25*0.8	4
27	Rubber Bumper - Smith Bar	φ60×φ27×42	4
28	Weight Stack (Includes Top Weight Plate)	100KG	2
29	Weight Stack Pin Selector Rod (Pre Assembled)	φ25	2
30	Selector Rod Locking Pin (Pre Assembled)	10×60	2
31	Weight Selector Pin	φ10×100	2
32	Weight Stack Reinforcing Plate	T8*95*50	4
33	Hexagon Bolt	M10×25	23
34	Smith Bar Lower Connecting Sleeve		2

PARTS LIST

Key No.	Description	Note	Quantity
35	Large Rubber Bumper - Smith Bar	φ60×φ26×45	2
36	Small Rubber Bumper - Smith Bar	φ60×φ26×25	2
37	Safety Hook Right		1
38	Smith Bar Sliding Sleeve		2
39	Guide Rod - Smith Bar	φ25*1878	2
40	Smith Bar Guide Rod Fixing Sleeve	φ40*φ25.5*35	2
41	Smith Bar Upper Connecting Sleeve		2
42	Hexagon Bolt	M10×90	8
43	Grub Screw	M8*10	2
44	Smith Bar		1
45	Safety Hook Left		1
46	Smith Bar Weight Plate Sleeve		2
47	Hexagon Socket Button Head Screw	M12×40	2
48	Spring Gasket	φ12	4
49	Flat Washer	φ12	28
50	Olympic Quick Lock Collar	φ85Xφ50XH49	2
51	Top Pulley Insert Right		1
52	Top Pulley Insert Left		1
53	Pulley (96mm)	φ92	20
54	Cable Guide	T4	8
55	Hexagon Bolt	M10×50	8
56	Metal Bushing	Φ20*φ16*φ10.5*20.5	16
57	Pulley (75mm)	φ75	2
58	Hexagon Bolt	M10×45	10
59	Floating Pulley Frame		2
60	Weight Stack Cable	6400mm	2
61	Lower Pull Cable	2785mm	2
62	Pulley (50mm)	φ50	4
63	Weight Stack Shield - Right	T1	1
64	Weight Stack Shield - Left	T1	1
65	Shield Connection Piece	32*2027	1
66	Flat Washer	φ6	10
67	Hexagon Bolt	M6×20	10
68	Accessory Hook		6

PARTS LIST

Key No.	Description	Note	Quantity
69	Flat Washer	φ8	20
70	Lock Nut	M8	8
71	Olympic Weight Plate Holder		6
72	Olympic Spring Collar	φ50	6
73	Hexagon Bolt	M8×20	12
74	Core Trainer		1
75	Metal Bushing	φ33×φ29×φ20×18	8
76	Big Flat Washer	φ30*φ10*3	1
77	Low Row Foot Plate		1
78	Low Row Foot Plate Support Frame		1
79	Band Peg	φ18*400	1
80	Leg Press Foot Plate		1
81	Knee Stabilizer J Hook		1
82	Knee Stabilizer		1
83	Dip Handle - Left		1
84	Dip Handle - Right		1
85	J-hook - Left		1
86	J-Hook - Right		1
87	Front Safety - Left		1
88	Front Safety - Right		1
89	J-hook Block Insert		2
90	Tricep Rope	φ28*690	1
91	Ankle Strap	Leather with Ring	1
92	Single Stirrup - Nylon		2
93	Extension Chain		2
94	Core Trainer Handle		1
95	Short Revolving Straight Bar		1
96	Bodyweight Assist Strap	1020mm	1
97	Carabiner		2
98	Lat Pulldown Bar		1
99	Close Grip Triangle		1
100	Connection Bar - Straight		1
101	V-bar		1
102	Oval Pad	131*80	6

PARTS LIST

Key No.	Description	Note	Quantity
103	Hexagon Rivet Nut	M8	12
104	Hexagon Rivet Nut	M6	10
105	Countersunk Hexagon Rivet Nut	M10	12
106	Hexagon Bolt	M12×25	26
107	Upright Tube	φ25*M12*98	24
108	Inner Plug	□50×50×1.2	2
109	Spring Pin	M20×1.5-φ10	2
110	Internal Thread Shaft	Φ20*67	2
111	Pulley Rotating Sleeve		2
112	Spring Gasket	φ10	8
113	Bushing	50-60	4
114	Handgrip Tube	φ25*2	2
115	Two Layer Spring Slice Nut	φ23-M10	4
116	Logo Plate	T1	1
117	Hanging Ring		1
118	Round Tube Plug	φ32×1.5	12
119	Oblate Core-pulling Rivet	4×10	4
120	Linear Bearing	φ40*φ25*58	6
121	Spring Stop Collar	φ40	8
122	Buffer Sleeve	φ21*35	2
123	Deep Groove Ball Bearing	6005	4
124	Inner Stop Collar	φ60*27	2
125	Outer Sleeve Tube	φ49.5*0.6	2
126	Barbell Bar Stopper-Arc	φ50*37	2
127	Barbell Bar Inner Sleeve Tube	φ48*2.5	2
128	Rubber Stop Collar	φ70×φ50×φ10	2
129	Pulley Adjusting Plate	T3	4
130	Hook Plastic Dip Sleeve	Φ8*100	6
131	Outer Sleeve Tube	φ49.5*0.6*200	6
132	Barbell Bar Sleeve Tube	φ48*1.5*198	6
133	Barbell Inner Support Sleeve	φ70×φ44.8×φ25.5×30	6
134	Hexagon Socket Button Head Screw	M8*20	6
135	Outer Support Sleeve	φ50×φ44.8×φ25.5	6
136	Two Layer Spring Slice Nut	φ23-M8	12

PARTS LIST

Key No.	Description	Note	Quantity
137	Core Trainer Weldment		1
138	Double Barbell Rotater		1
139	Powder Sleeve	$\phi 50 \times \phi 47 \times \phi 25 \times 15$	2
140	Internal Thread Shaft	$\phi 25 \times 77 \times M12$	1
141	Foot Cover	$\square 50 \times 50$	4
142	Hexagon Bolt	M10 \times 20	4
143	Foot Plate		1
144	Umbrella Pin	$\phi 12 \times M20 \times 40$	2
145	Lock Pin	M18X12X $\phi 10$	1
146	Foam Roller	$\phi 25 \times \phi 100 \times 175$	2
147	Foam Inner Cover	$\phi 70 \times \phi 27 \times 12$	2
148	Foam Outer Cover	$\phi 70 \times \phi 9 \times 14$	2
149	Hexagon Socket Button Head Screw	M8 \times 25	2
150	T-shaped Pin	$\phi 10 \times 100$	1
151	Round Tube Plug	$\phi 25 \times 2$	4
152	End Cap	$\phi 48 \times 2.5$	2
153	Dip Handle Lock Ring	$\phi 31.5 \times \phi 25.5$	4
154	Cross Recessed Countersunk Head Screw	M8 \times 20	4
155	Handle Cover	$\phi 25 \times 140$	4
156	J Hook Roller	$\phi 40 \times 88$	2
157	Rubber Sheet	$\phi 190 \times 45 \times 7$	2
158	Countersunk Head Hexagon Screw	M6 \times 12	12
159	J Hook Front Rubber Sheet	12.3 \times 96	2
160	Deep Groove Ball Bearing	6000	4
161	Big Flat Washer	$\phi 30 \times \phi 10 \times 3$	2
162	Spring Washer	$\phi 10$	2
163	Hexagon Socket Button Head Screw	M10 \times 115	2
164	Front Safety Tube Rubber Sheet	T12	2
165	Countersunk Hexagon Socket Button Screw	M6 \times 16	6

MEASURING FOR BOLT LENGTH





We believe success comes from striving to be better than yesterday. It comes from the urge to push boundaries and break through barriers. Fueled with the belief that everybody deserves a fit and healthy lifestyle, we are dedicated to providing innovative strength and fitness solutions to build stronger, happier and healthier lives.

WARRANTY

The Force USA range of strength equipment carries a Lifetime (10 Year) Structural Warranty along with two years cover on all moving parts and 90 days warranty on all upholstery items. This warranty applies to first owners and does not cover second-hand equipment or re-sold equipment. This Force USA warranty covers only failures due to defects in structural elements, cables and pulleys and workmanship that occur during regular use in the warranted environment. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, misapplication, alteration or improper assembly of the product. The replacement or repair provided for under the Force USA warranty is the responsibility of the user, and the customer will be responsible for any freight charges that apply. Force USA will not be liable for any consequential damages or breach of any implied warranty on the range of Force USA strength equipment. Force USA reserves the right to provide reconditioned parts and/or to request a return and repair existing defective components on the Force USA product.